

## [NATURAL CARPAL TUNNEL REMEDIES](#)



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Treatment for carpal tunnel is decided largely based on the severity of the discomfort as well as the duration of the condition. For instance, in some cases, the condition may improve after a few months without treatment but for others symptoms may persist for longer and require various non-surgical and surgical treatments.

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Top 15 Natural Home Remedies For Carpal Tunnel Syndrome Pain 1. Rest. The first and also the simplest home remedies for carpal tunnel syndrome is taking a rest. Whether you re typing, playing guitar, or using a hand drill, try setting a timer beforehand for 15 minutes. When it goes off, stop what you re doing and wiggle your fingers.

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Natural carpal tunnel syndrome treatment. Castor oil: This is also a very effective home remedy for carpal tunnel syndrome. It can suppress the pain, reduce inflammation and restore the normal functioning in your wrists.

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Treatment for carpal tunnel syndrome usually begins with splinting. A cortisone injection or carpal tunnel release surgery may be recommended.

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### **Proven Natural Remedies for Carpal Tunnel Syndrome Heal**

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### **Carpal Tunnel Treatment Natural Home Remedies For Carpal Tunnel Syndrome**

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### **Home Remedies for Carpal Tunnel Treatment Reader's Digest**

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