

How can you get help?

You should speak to your doctor, your Home Bound Healthcare visiting nurse or therapist, or call your nearest **Home Bound Healthcare** office for more information about enrolling in this program.



1615 Vollmer Road **Flossmoor** IL 60422
Toll Free (800) 444-7028
Tel (708) 798-0800 • Fax (708) 798-0870

450 N Kennedy Drive Suite 6 **Kankakee** IL 60901
Toll Free (800) 444-7028
Tel (815) 929-0800 • Fax (815) 929-0801

3401 16th Street **Moline** IL 61265
Toll Free (866) 541-0900
Tel (309) 762-7900 • Fax (309) 762-6909

2322 W Willow Knolls Road **Peoria** IL 61614
Toll Free (866) 725-0888
Tel (309) 589-0888 • Fax (309) 589-0889

4231 Progress Blvd Suite 3 **Peru** IL 61354
Toll Free (877) 220-8808
Tel (815) 220-8808 • Fax (815) 220-8828

421 S Grand Ave W Suite 2B **Springfield** IL 62704
Toll Free (877) 753-2210
Tel (217) 753-2260 • Fax (217) 753-2270

1625 Bethany Road **Sycamore** IL 60178
Toll Free (877) 895-9898
Tel (815) 895-9898 • Fax (815) 895-3232

1808 Mulberry Avenue **Muscatine** IA 52761
Toll Free (866) 541-0900
Tel (563) 263-5411 • Fax (563) 263-5694



Numb Tingling Hands

Carpal Tunnel Syndrome

Numb tingling hands can be successfully treated in **over 68%** of people.



HomeBoundHealth.com

Caring For Your Health Needs In The Comfort Of Your Home



What do we know about numb tingling hands?

If you have numb tingling hands, you might have a type of nerve damage at the wrist called Carpal Tunnel Syndrome. It is a common problem resulting from any of the following: occupations involving repetitive hand movement, diabetes, pregnancy, arthritis, or being overweight. Women are affected three times as often as men, with the risk increasing with age.

What treatments work?

Until recently, Carpal Tunnel Syndrome has been treated primarily with a wrist splint, drugs and surgery. But medical research has discovered that using ultrasound waves and infrared therapy, combined with standard rehabilitation treatment, can reverse the symptoms of Carpal Tunnel Syndrome.

Who should try our program?

You or a loved one should try our program if you or they have:

- ▶ Numbness or tingling in the hands
- ▶ Hand or wrist pain that disturbs sleep
- ▶ Difficulty using or dropping small objects
- ▶ A previous wrist fracture
- ▶ Thumb or wrist arthritis
- ▶ Currently or recently pregnant

Enroll in our program today. By working together, we can treat the pain and numbness in your hands.

What can you expect in our program?

Your personal health care team will review your diet, fluid intake, and current medications for their effect on your blood sugar levels. Your hand strength and sensation will also be assessed.

Infrared Therapy and Electrical Stimulation for increasing circulation and decreasing pain.

Infrared therapy, combined with mild electrical pulses, comfortably reduce pain and increase circulation to damaged nerves.

Ultrasound for decreasing pain and increasing hand strength.

Comfortable high frequency ultrasound waves applied to the wrist has been shown to improve symptoms in 68% of people affected with Carpal Tunnel Syndrome.

Numb *Tingling* Hands