



## Press Release 1

**FOR IMMEDIATE RELEASE**

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# Metro Therapist Offering Help to Industry

## *New Treatment Could Change World for Millions of Carpal Tunnel Sufferers*

Carpal tunnel syndrome affects eight million Americans each year causing pain, tingling and numbness as well as loss of coordination in hands in the more chronic cases. Each year, more than 900 thousand Americans are diagnosed with **Carpal Tunnel Syndrome** (CTS) prompting over 260 to 400 thousand carpal tunnel surgeries, although a sizable underreporting problem has been frequently documented in literature. Each diagnosed employee costs employers and insurance companies an average estimated 29 thousand dollars per hand. Demographics are cloudy yet researchers have reported as much as 3-11 billion dollars per year, lost to carpal tunnel syndrome.

Roger Williams, Occupational Therapist and independent researcher, has made multiple breakthroughs in the approach for diagnosing and treating CTS and other cumulative upper extremity conditions. CTS can be very annoying until the condition becomes painful. Then surgery is thought to be the only method to end the horrible pain. The usual poor response to various treatment approaches has prompted some insurance companies and physicians to believe that it is either very difficult or impossible to treat. Williams' research, however, suggests the disorder can be helped without limiting activities, in fact encouraging activities in the work and home environment.

“Until now, CTS was expected to continue to devastate the lives of employees, employers and the economy, we’ve gotten use to it” said Roger Williams, Occupational Therapist and researcher. “Our new understanding allows most patients to be symptom-free and active which is quite the opposite from the traditional perspective. After fitting someone with the **Carpal Glove Orthosis**

(CGO) most CTS patients resume their job and recreational activities immediately.” We have found that the more the hand is active under the influence of the CGO which is the world’s first co dynamic splint, the faster the symptoms resolve”. “this is opposite what we were taught and does not mix with the ideas of the past. In the last twenty years after thousands of research studies, costing millions of dollars, we are no better prepared to resolve the symptoms of CTS based on the old model of understanding the condition.”

It was assumed that CTS was caused primarily by repetitive motion stress in the hands and arms. It has been reported that the irritation of the nerve by the tendons running through the base of the wrist, causes the nerve to swell and compress. Until now there has been little explanation why some workers are diagnosed with CTS with no apparent risk factors and others avoid the condition in the highest risk environment. Another example of the many inconsistencies with traditional understanding of CTS was reported by the **Bureau of labor and Statistics** (BLS) who found that 60% who underwent carpal tunnel surgery reported return of symptoms within 5 years. Traditional treatments include Theraputty exercises, stretching exercises, immobilization, rest, steroid injections and surgery. “For the last 40 years we have seen an increase in the onset of CTS and related conditions of the upper extremities. “Nearly all CTS cases have been treated with **Static Wrist Splints** (SWS), gripping exercises and rest, prior to surgery. I suggest another approach that research has shown remarkably more effective.”

Williams reported for three consecutive years to the **American Society for Peripheral Nerve** (ASPN) Annual Symposium, that the condition is caused first by an alteration of the normal balance of muscles to the hand. Using new evaluation and treatment techniques, he reported that the wrists of patients suffering from CTS display a pronounced drop that increases noticeably when the hand opens fully. This increased drop was measured and found to be excessive in patients experiencing CTS symptoms. The effect of this increased drop changes the arrangement and behavior of wrist bones. Videofluoroscopy (VF), or "Motion X-Ray" has confirmed the normalizing influence the CGO™ has on the wrist of someone with CTS.

Over the last 12 years, Williams has tested the wrist drop of CTS patients to determine if wrist changes were related to CTS. A new test that measures wrist position resistance was found to be promising for accurate diagnosis, progress and prediction of CTS. Williams’ treatment theories are in stark contrast to conventional beliefs about CTS. Traditional treatment involves immobilization or rest, an important factor in the employee absenteeism and disability according to the BLS. More importantly, recovery rates for traditional treatment are low. Williams has found that the new treatment protocol presented to the ASPN yields a high rate of success.

Williams applies an orthotic device and exercise protocol that alleviates the muscle imbalance that causes CTS. Patients wear a spring-loaded splint called an “Orthosis” during the busy hours of the day that provides a gentle nudge to the palm of the hand when the hand engages in an activity. The co-dynamic splint actively moves with the hand and arm without interfering in any normal, daily activities at home or work. The gentle nudge helps the wrist balance its normal position – minimizing the wrist drop - and immediately reduces symptoms as the hand is moved in all normal directions. The palmer nudge restores mechanical advantage resulting in immediate increase in grip strength.

Many obstacles have delayed introduction of the CGO to the general population. Even though there have been many hurdles the last five years, the most recent versions of the co dynamic orthotics have motivated several industries to take a real interest in the prevention capabilities as well as the obvious treatment aspect of the CGO™. Over 100 CGO™ I units were applied to Delta Faucets workforce to reduce their incidents of CTS and avoid surgery. Delta Facets hired Mr. Williams to provide a two-day seminar for treatment and fitting techniques. I believe that industry will promote the CGO™ I & II for several reasons; The CGO™ is the only wrist device that reduces symptoms while maximum activity is resumed in the work place and preliminary studies show several positive benefits:

1. Increased grip strength immediately following fitting
2. Non-limiting movement of the hand, wrist and arm
3. Diminished if not immediate relief of symptoms upon fitting
4. Nocturnal disturbances are resolved usually within an average 19 hours of use

**MADE IN OKLAHOMA.** Over the past five years Theraid Manufacturing Incorporated conducted an extensive search for qualified manufacturing facilities throughout the United States and abroad for the Carpal Glove™ I & II. This search resulted in a unanimous decision by the Theraid Board of Directors to keep manufacturing in the state of Oklahoma. Theraid’s manufacturing facility is now located in Midwest City, OK. In addition to the manufacturing of the CGO™I and CGO™II, Theraid’s manufacturing facility is also utilized to fabricate custom medical devices and orthotics for its research partner, Midwest City Therapy, Inc. Current production capacity for either the Carpal Glove™ I or II is five thousand (5,000) units per month, and can be increased to four or five times this rate within a matter of weeks. Theraid Board of Directors is very excited about their decision to keep manufacturing close to home. In doing so, Theraid employs many people locally while producing two of the world’s most effective orthotics for treating CTS, the CGO™I and CGO™II.