

Mouse.O.Soft Balm

Bottle of 50 ml

Oil rich in herbal active ingredients to alleviate the pains associated with the Carpal Tunnel Syndrome and to eliminate its related symptoms. A syndrome that is afflicting numerous computer and video games power users.

The Carpal Tunnel Syndrome

Is a painful and disabling disorder characterized by inflammation and swelling in the tendons that run through the narrow carpal tunnel in the wrist. It is one of the most common repetitive stress injuries. The carpal tunnel is a space delimited by the bones of the wrist and a rigid ligament, which connects the bones between them. The median nerve of the hand and the tendons of the fingers pass by this tunnel. The tendons connect the muscles to the bones of the hand; they relay the movements from the muscle to the bones.

The median nerve transmits the signals by which the brain controls the movements of the fingers and the hand. It also conveys, in the opposite direction (hand to brain), temperature information, tactile sensations, pain and the control of the perspiration of the hand.

The tendons of the fingers surround the median nerve in the carpal tunnel. If the tendons swell, the space of the tunnel is reduced and the median nerve (which is softer and more tender than the tendons) is compressed. This compression induces the first pains to the hand and, over time, it can evolve into a lesion of the median nerve. This lesion may provoke an intense pain, numbness of the fingers, a tingling sensation and even a loss of dexterity. This ensemble of symptoms is called Carpal Tunnel Syndrome. People afflicted with this syndrome have difficulty to accomplish the simplest tasks, such as unscrewing the cap of a bottle, buttoning a shirt or turning a key in a lock.

Causes of the syndrome

The bending movement of the wrist and the movement of the fingers activate the muscles and the tendons. In the simple bending movement of a finger, the tendon moves approximately 3 to 4 cm. The tendons of the hand are coated with a protective sheath into which they move and slip. The internal wall of this sheath contains cells that produce a lubricating liquid; this lubricating action is essential to the proper functioning of the tendons.

When the hand carries out repetitive or excessive movements, the lubrication system can reach its limits, either because it does not produce sufficient lubricating liquid, or because the lubricating properties of the liquid are somewhat diminished.

Whatever might be the cause, the lack of lubrication involves the friction of the tendon on the sheath, which causes the inflammation of the tendon. Consequently, the tendon becomes bulkier and more voluminous, to the point of compressing the median nerve, which is locked into the carpal tunnel. When the inflammations are repeated, a fibrous fabric is formed which results into a thickening of the sheath, which consequently will obstruct the movement and the slipping of the tendon. In someone's day by day behaviour, the carpal tunnel syndrome is associated the following factors:

- Repetitive movements of the hand and the wrist
- Unnatural positions of the hand
- Mechanical stress exerted on the palm of the hands
- Vibrations repeated over long periods

Symptoms of the syndrome

The symptoms are a tingling sensation to the thumb, the index, middle and ring fingers, also nocturnal pain to the hand can appear. Often the pain can extend to the arm and the shoulder. In the more severe cases, one can feel numbness and the loss of dexterity. The hand can also lose its strength and the person would have difficulty to seize objects. Lastly, the skin of the hand can become dry because of the reduction of perspiration.

A widespread problem (not limited to the computer and video games power users).

According to statistics of the French National Health Insurance (CNAM - France), in the year 2000, out of 32 000 cases of recognized occupational diseases, 22 000 of those cases were work-related musculoskeletal disorder (MSD) to the upper limbs. A mere, 50% of those were related to the wrist - 26% to the shoulder - 20% to the elbow. The carpal tunnel syndrome represents the near totality of the MSD affecting the wrist. In France, 80 000 surgical operations are performed per year in relation to the treatment of the carpal tunnel syndrome.

Certain trades and activities are obviously more at the risk, following are some of them; workers of assembly lines (household appliances and electronics) - Office workers using computer heavily (mainly the mouse) - Cashiers in stores - Bakers - Musicians - Cutting of meat and fish - Sportsmen - etc. Other health conditions can be associated with this syndrome: arthritis, diabetes, gout or amylosis.

Action of the Mouse.O.Soft Balm

The Mouse.O.Soft Balm is a lotion based on a mixture of penetrating oils and a blend of specific plants, resins of plants and natural substances, whose powerful anti-inflammatory action reabsorbs the inflammation of the tendons, which subsequently reduces the mechanical stress exerted by the tendons on the median nerve. The balm also relieves the pain associated with the inflammation of the tendons. The balm replaces advantageously the corticoid treatments, without their undesirable side effects.

Instructions

Apply the balm directly to the hand and the wrist, 2 to 3 times a day. Rub well in order to make the lotion penetrate. Apply the balm as soon as possible, as of the very first sensations of pain or any feeling of disturbance to the wrist and hand, in order to avoid the repeated inflammations, which could cause the formation of the fibrous fabric and the thickening of the sheath of the tendons.

If possible, cease the activity, which is causing the syndrome for two to three days in order to allow the resorption of the inflammation. One can use the balm in a preventive manner. **IMPORTANT:** After the application of the balm, let penetrate and evaporate, do not put on a wristwatch. One can put on loose clothing, but nothing tight where the lotion was applied. **For topical use only.**

For more effectiveness, it is advised to take natural vitamin E in therapeutic dosage during the treatment. (100 to 150 mg/day). Thereafter, in a preventive approach a daily dosage of 50 mg/day on a continuous basis is advisable

Composition:

Olea Europaea Fruit Oil, Laurus Nobilis Leaf Oil, Anacyclus Pyrethrum Root Extract, Boswellia Serrata Gum, Curcuma Longa Rhizome Extract, Parfum, Polianthes Tuberosa Flower Oil, Citral, Citronellol, Eugenol, Linalool, Farnesol, Geraniol.