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**Rx:**

Wrist splint: neutral position, wear at night for resting the nerve pinched in Carpal tunnel syndrome.

Also, advised one daily Multivitamin. Vitamin B6-50MG.

Do less movement at the wrist and more movement from elbow and shoulders.

Chair at right height with back straight.

Elbows at right angle with wrist supported in neutral position.

No leaning on elbows.

*V. Sharma, M.D.*

