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## Letters to the Editor

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Hi Polyzine,

Thanks for the information and the July issue. I certainly enjoyed reading it. I find that the more I read the more I find out how much I don't know, which leaves me with the delightful challenge of trying more and more.

Thanks again for the magazine and the support.

Sue

Dear Polyzine:

Loved the eye cane demo/tutorial! I have been playing with face canes since coming home from Shrinemont and am now addicted (to caning in general). Thanks for the easy to follow directions. I have to go make a new face now....

Linda Hess

Hi:

I think your readers would like to know about my experience with a successful treatment

for carpal tunnel syndrome.

Last year I was about to have surgery for carpal tunnel syndrome. I had been wearing a brace for years...day and night. By chance I came across a non surgical treatment called ACTIVE RELEASE THERAPY developed by a chiropractor in Colorado.

But the treatment is NOT chiropractic...rather it is a method of releasing the scar tissue that forms along ligaments after the soft tissue has become inflamed due to repetitive stress.

To find a practitioner in your area log on to [www.activerelease.com](http://www.activerelease.com) and you'll notice on the upper right corner of the printed page that there is a system to help you locate help in your area.

The Colorado doctor has patented his methods and trains health care practitioners in the techniques. Because he is a chiropractor you'll probably find that more chiropractors than anything else are offering treatment, but in my area there are also physiotherapists, doctors, nurses, sports medicine kinesiologists, etc.

If and when you start your search for this type of treatment don't let anyone have you believe that deep massage does the same thing. You need someone who actually has been trained in Active Release Therapy.

My experience with the treatment is as follows:

- 1) In two 10 minute sessions staged three days apart (to allow for healing), my carpal tunnel symptoms disappeared.
- 2) I injured my back more than 35 years ago and have endured various degrees of lower back pain since that time. The pain was ALWAYS there. I learned to live my life with it but it has severely hampered some activities.

In the later years I found it difficult to stand erect for more than five minutes unless leaning on a support, for example.

Astounded by the results of the ART on my wrists I asked if anything could be done for my back. I asked very timidly and tentatively because I had gone for treatment to all the above mentioned health care practitioners over the years and absolutely nothing had been of help. The ART therapist's answer was, "Oh sure, your problem is probably caused by my muscles that have tightened and shortened over the years trying to compensate for the disk injury."

In ONE ten minute treatment my pain evaporated and hasn't returned. I actually left the office and walked down the stairs left, right, left, right, left, right for the first time in more than 35 years. I stood on the sidewalk and danced a little jig, then as I crossed the road I noticed that my brain didn't automatically adjust my stride so that my right leg would lift me onto the curb. I lifted my weight onto the sidewalk with my left leg.

I still go for intermittent treatments for both my wrists, shoulders and back. My left backside still has many knotted muscles, but each treatment releases another bunch. My wrists and shoulder, etc can still give me grief sometimes but that's because I'm still actively using my hands and arms in the activities that caused the difficulties in the first place.

Using the computer mouse or changing channels with the remote control are particular aggravations. But now I simply make an appointment and have the problem handled.

Pat Donaldson



Dear Polyzine:

I wanted to thank you for publishing [Clayers With Disabilities](#)! I do have disabilities and am a polymer clay artist, a RN by profession and now a a new member of a very much needed group!

I am very excited as I too noticed that a lot of polymer folks and other artists have disabilities. (I belong to a few local art groups -- one polymer, one multimedia and one bead, not to mention my on-line groups!)

So I was very happy with the wonderful article presented by Polyzine! It was well written, explained what the definition of disability is and open up a lot of eyes ! Thank you.

I also found the book review very informative and learn how to make eyes! I will be trying that out soon! Loved the visit to France as well!!

Victoria



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