

# Not So Modern Reviews

## Carpal Tunnel? The Helpful Hand Brace



Occupational therapist Marc Bennett has invented a device that will be helpful to drummers who are having difficulty holding sticks due to carpal tunnel syndrome, fractures, sprains, tendonitis, MS, arthritis, and other conditions. It is basically a two piece cloth and velcro affair with a strap to hold the stick. It's very adjustable and not binding at all. It reduces the need for strong, repetitive "pinch and grasp" and reduces aggravation of the thumb, wrist and fingers. It was designed for holding every day items like hammers, tennis rackets, pens, eating utensils, etc. and is excellent for securing a drumstick in your hand without a strong grip.

I tried it while playing and it definitely works and works well. Would you use it if you don't have an injury? I wouldn't because there is some compromise in the way the stick feels in the hand because of the thin strap, but I can see where some really hard hitting rock drummers might even prefer this to drum gloves. The Helpful Hand is available from NSMD. Please call for pricing.

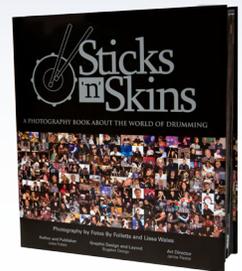


P.S. If you are suffering from CTS or tendonitis you need to contact therapist Preston Wakefield in Nashville TN who can relieve the pain and numbness with tissue massage. He all but cured me of my carpal tunnel in two sessions. Please do this before having the carpal tunnel surgery. The surgery only addresses the symptoms, not the cause.

## Sticks 'n' Skins – a photo book about the world of drumming

It is very hard to describe this book in a few words. I've never seen anything like it before. You really need to go to the

sticksnskins.com website to see the gigantic scope of this project. I was sitting in my drum shop on a particularly slow Saturday in 2009 when I get a phone call from a woman who said, "I just flew in to Cleveland and I want to come out and photograph you for a coffee table picture book about drummers I'm publishing". I agreed, and an hour later a limo drives up, and this lively woman hops out and takes whirlwind pictures of me for an hour, then takes my wife and me out to eat at the best restaurant in town. I had just experience Jules Follett and her passion for capturing drummers on film. I received my copy of the book not too long ago and am so deeply impressed with what this woman has done. She has managed to document the essence of the drumming community; the camaraderie, brotherhood, friendship, inclusiveness and sheer joy of drumming that we all share. Some of the pictures will bring a tear to your eye.



Jules was inspired by the late great drummer photographer Lisa Wales and the first chapter is a tribute to Wales' photography of the great drummers of our time. BUT this is not a book about just drumming stars, though there are plenty in its 550 pages. It is a book about the whole family of drummers, the working drummers, the drum shop owners, the child drummers, the female drummers, the disabled drummers, the unsung drummers, the obscure drummers, the local drummers, drummers and their drumming offspring, the drum builders, the drum writers and drum publishers, etc. Jules did not have a list to work from. She simply followed the recommendations of the drummers she met and one led to the next. She threw many dinners across this country for drummers and went to the big drum shows (and a good time was had by all). This book would be a great gift for any drummer. It is inspirational to drummers to see their peers like this, with superb photography in a high quality book with heavy glossy paper and a hard back. Follett and art director Jamie Pastor have produced a must have book. These are available from NSMD for \$75. 

-George Lawrence