



**Therapy
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Carpal Tunnel Syndrome

What is Carpal Tunnel Syndrome?

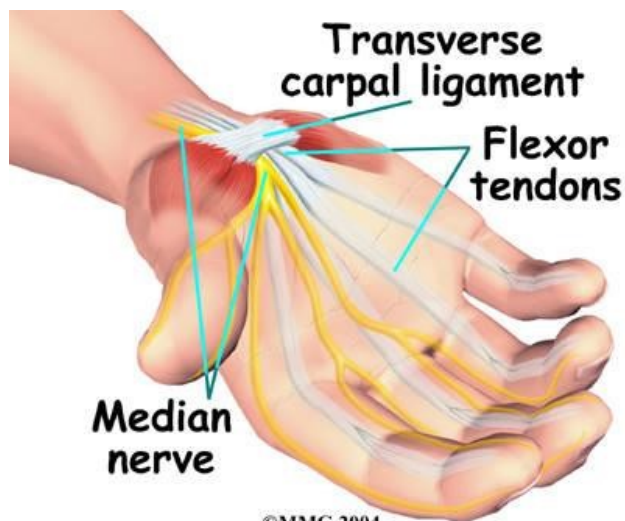
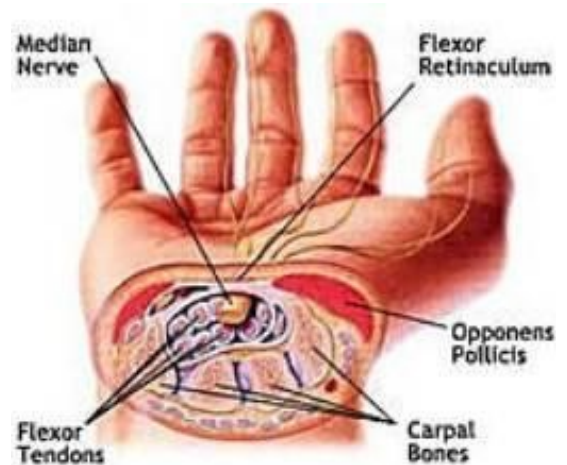
- Carpal Tunnel Syndrome is caused by pressure on the nerve at the base of the palm (median nerve).

What causes the pressure?

- Inflammation and swelling of the tendons of the wrist
- Injuries to the wrist (strain, sprain, dislocation, fracture)
- Hormone or metabolic changes (pregnancy, menopause, thyroid imbalance)
- Fluid retention (eg, during pregnancy)
- Diabetes
- Certain medicine use (eg, steroids)
- Degenerative and rheumatoid arthritis

Symptoms and signs:

- Symptoms include:
- Pain
- Burning
- Tingling
- "Pins and needles"
- Numbness in the palm of the hand and fingers.
- Often the symptoms are more noticeable during the night,



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Treatment

- Medical:
 - Anti-inflammatory medication / cortisone injection (s) into the wrist
- Therapy:
 - Education for proper positioning (ie, avoiding prolonged bent wrist positions), proper neck and upper back posture (ie, avoiding forward head or slouching), "stretch breaks" during your work or daily routine
 - Therapeutic exercises to improve muscle strength of hand, fingers, and forearm—and in some cases, the trunk/core and postural muscles
 - Stretching exercises to improve the flexibility of the wrist, hand, and fingers
 - Use of heat/cold treatments to relieve pain
 - Use of a night splint to reduce discomfort
 - A worksite visit to assess your work area.