



Carpal Tunnel Syndrome

SYMPTOMS:

- “ WEAKNESS IN ONE OR BOTH HANDS
- “ NUMBNESS OR TINGLING IN THE THUMB AND NEXT TWO OR THREE FINGERS OF ONE OR BOTH HANDS
- “ NUMBNESS OR TINGLING OF THE PALM OF THE HAND
- “ WRIST OR HAND PAIN IN ONE OR BOTH HANDS
- “ PAIN EXTENDING TO THE ELBOW
- “ IMPAIRED FINE FINGER MOVEMENTS (COORDINATION) IN ONE OR BOTH HANDS
- “ WEAK GRIP OR DIFFICULTY CARRYING BAGS (A COMMON COMPLAINT)
- “ ATROPHY OF THE MUSCULAR BULGE UNDER THE THUMB

Definition

Carpal Tunnel Syndrome is the compression of the median nerve, which may result in numbness, tingling, weakness, or muscle atrophy in the hand and fingers. Carpal Tunnel Syndrome is common in people who perform repetitive motions of the hand, wrist and arm, such as typing. When the wrist is poorly positioned, there isn't enough space for the median nerve to travel to the hand. The median nerve supplies sensation to the thumb-side of the ring finger. It also supplies movement to part of the hand. Traditionally Carpal Tunnel Syndrome is caused by pressure exerted on the median nerve at the point where it passes through the wrist. In many cases the nerve impingement takes place not in the wrist, but in the muscles of the forearm. Breaking up adhesions in these muscles releases the impingement on the nerve and in many cases avoids more invasive procedures.

TREATMENT

Chiropractic care and active release treatment works on correcting symptoms and relieving pain associated with carpal tunnel syndrome. To see if chiropractic may be able to help you, call 719-687-1881 today for a complimentary consultation.

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