

Carpal Tunnel Syndrome is common in people who perform repetitive motions of the hand and wrist – such as typing on a computer keyboard for hours at a time. It is caused by pressure exerted on the nerve at the point where it passes through the wrist, forearm, shoulder and/or neck. The nerve enters the hand between the wrist bones (carpal bones) and the tough membrane that holds the bones together. This space is called the carpal tunnel – and is very rigid. So, repetitive movement results in swelling which causes compression of the nerve and the subsequent symptoms of weakness, pain, and numbness and tingling.

Symptoms of Carpal Tunnel Syndrome:

- Weakness in one or both hands
- Numbness or tingling in the thumb and the next two or three fingers in one or both hands
- Wrist or hand pain in one or both hands
- Pain extending to the elbow
- Impaired coordination in one or both hands
- Weak grip
- Atrophy of the muscular bulge under the thumb

There are a number of different ways to treat this condition including practicing proper ergonomics at the computer:

- Your wrists should be held in a neutral position while typing, and you should keep your mouse surface close to the keyboard so you don't have to reach or hold your arm away from your body.
- Stretch your muscles periodically. Stretches can include:
 - Clenching hands into fists and moving them in 10 circles in each direction.
 - Placing hands in a praying position and squeezing them together for 10 seconds and then pointing them downward and squeezing them together for 10 seconds.
- Your muscles need adequate hydration to work properly and avoid injury. You should drink half your body weight in ounces of water each day. (Example: Body Weight = 130 lbs. Drink 65 oz. of water)

In most cases, a chiropractic adjustment to the affected area is an extremely effective solution. In some cases, a misalignment in either the back or neck can cause this condition, and chiropractic manipulation of the neck and/or spine can also serve as an effective treatment option. These treatments, along with physical therapy, stretching, and strengthening exercises, can in most cases effectively alleviate and eventually eliminate the symptoms associated with CTS.

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