

CARPAL TUNNEL SYNDROME



WHAT IS IT?

Carpal tunnel syndrome (CTS) is a common condition that causes pain, numbness, and tingling in the hand and arm. The condition occurs when one of the major nerves to the hand – the median nerve – is squeezed, irritated, inflamed or compressed as it travels through the wrist. In most patients, carpal tunnel syndrome gets worse over time, so the earlier it's diagnosed and treated, the better.



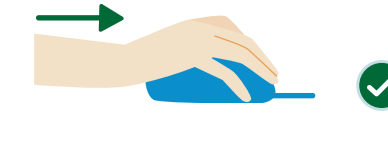
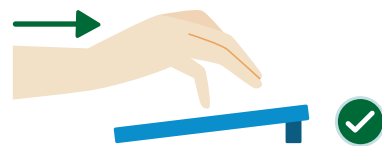
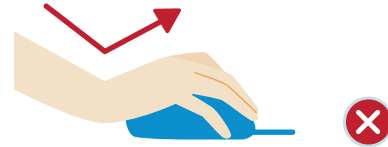
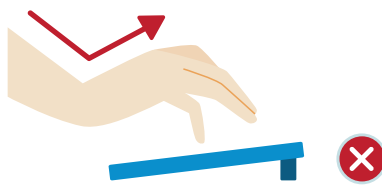
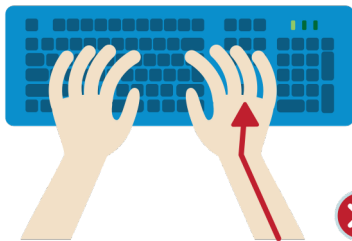
OUCH!

HOW CAN IT BE PREVENTED?

If you use a computer keyboard, there are several things you can do to lower your chances of developing CTS. Proper seating is crucial to good ergonomics. The height of your seat and the position of your backrest should be adjustable. The chair should be on wheels so you can move it easily.

KEYBOARD POSTURE

A keyboard or mouse position that requires you to bend your wrists upward, is a common cause of CTS among computer users.



STRETCHING EXERCISES

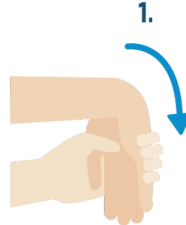
These stretches help to both treat and also prevent carpal tunnel syndrome and should be done regularly throughout the day.



BALL SQUEEZE



1



2

ASSISTED FLEXION AND EXTENSION

FINGER GRIP



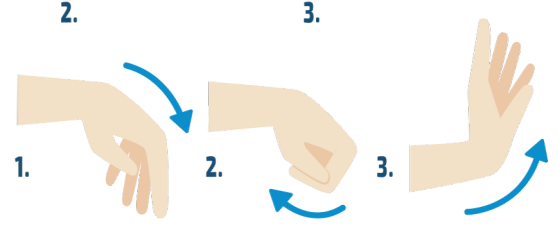
1.



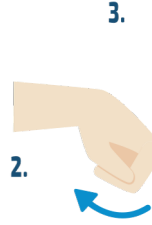
2.



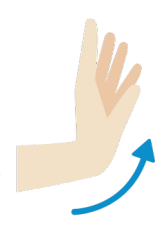
3.



1.



2.



3.

WRIST FLEXION AND EXTENSION

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019