

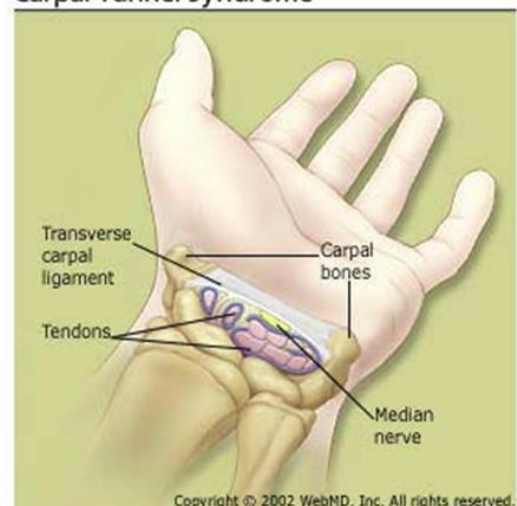


CARPAL TUNNEL SYNDROME

What is it? It is a medical condition when pressure is on the median nerve (which runs the length of the arm) and goes through a passage in the wrist called the carpal tunnel, and ends in the hand. The median controls the movement and feeling of your thumb and the movement of all your fingers excluding your pinky. The main symptoms are pain, numbness and tingling in the thumb, index finger, middle finger and the thumb side of the ring finger.

What causes it? Repetitive motions, like typing or any motions of the wrist that you do over and over. This is especially true of actions when your hands are lower than your wrist, or if your wrist is resting on a surface creating compression.

Carpal Tunnel Syndrome



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How can physiotherapy help in your recovery? Physical therapy treatment helps to alleviate carpal tunnel pain by treating the area locally and releasing tightness, helps you build strength, and improve functionality. Often a wrist brace is required to help keep the median nerve protected. Sometimes your neck can also be a component of this condition. Consult a physiotherapist if you are experiencing any of the above symptoms or give us a call to see how we can help you! We will work with your physician as needed to help coordinate your care.