

BLOG

Written for New Dimensions Chiropractic Center, the blog provided ways in which carpal tunnel syndrome can start and treatments to help alleviate the discomfort. The blog was featured on their website and Facebook.

Carpal Tunnel Syndrome

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Are you experiencing feelings of burning, tingling or itching throughout your hand, forearm and possibly even your wrist? With more than 3 million US cases per year, carpal tunnel syndrome is a growing epidemic that tends to be relentless unless treatment from a professional is sought out. Carpal tunnel can be described as an issue with the nerve running through the forearm and into the hand, better known as the median nerve.

Patients suffering from carpal tunnel may experience pain, weakness, numbness, burning, tingling or itching in either the hand, wrist or forearm. These sensations are most often experienced in the middle fingers and occasionally felt in the thumb, index finger and palm of hand as well. Along with these symptoms, one may also experience swelling, decreased grip strength and the inability to distinguish hot from cold.

Carpal tunnel usually occurs when the median nerve becomes compressed in a narrow tunnel consisting of bones and soft tissue. This leaves patients with an increased sensitivity of the median nerve, introducing them to the pain associated with carpal tunnel syndrome.

Popular for being the most costly of all work-related injuries, carpal tunnel affects those in the work field as it causes them to lose hours of productivity due to their inability to complete tasks. Along with decreased mobility, patients also pay about \$30,000 in medical bills in attempts to alleviate their pain. Though many may jump to the conclusion that extreme measures need to be taken in order to ease their discomfort, there are many conservative treatment options that can assist in recovery and prove that all roads do not lead to surgery.

TREATMENTS:

- Work ergonomics and wrist positioning
- Resting the affected hand and wrist
- Avoiding activities that may worsen symptoms
- Perform on the job conditioning, such as stretching and light exercises throughout the day
- Wear splints to help keep wrist straight
- Practice and use correct posture

With proper practice and continuous care, most patients suffering from carpal tunnel syndrome will experience a great deal of relief of pain and discomfort. Here at the New Dimensions Chiropractic Center, we can assess your symptoms and provide you with a treatment plan that is customized to the pain and discomfort you may be feeling. Take the first step towards relieving your pain and contact Dr. Lewis for further information.



Tags: carpal tunnel syndrome hand pain wrist pain numbness