

CARPAL TUNNEL SYNDROME

Prepared for:

Date:

Regarding: Your therapy recommendations

What is Carpal Tunnel Syndrome

A condition caused by compression of the nerve in the wrist and characterized especially by weakness, pain, and disturbances of sensation in the hand and fingers

What causes Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is caused by compression of the median nerve as it passes through a "tunnel" in the wrist. The first three fingers and thumb of the affected wrist are symptomatic. Symptoms often are more pronounced at night. This is a commonly encountered condition and is more common in older women.

Symptoms:

Numbness

Tingling

Pain

Prevention and Risk Factors:

Female

Obesity

Tobacco use

Repetitive motions of wrist

Exposure to vibration

Extending wrist < 20 degrees at keyboard

Treatment Recommendations

YOUR TREATMENTS

The decision on which therapy will be recommended is based upon the best current scientific research, the doctor's experience and your desires and preferences. Each patient is unique and your treatment recommendations will be based upon the severity and other information from your history and examination findings.

CHIROPRACTIC AND OTHER CONSERVATIVE TREATMENT

- Manipulation/Adjustment:** nerves to the wrist and hand start in the neck. Chiropractic care may combine neck adjustments with shoulder, elbow, and/or wrist adjustments, depending on clinical findings for your case. Pain relief may also be improved when wrist mobilization is utilized.
- Wrist supports:** keeping the wrist in a neutral position can reduce further irritation of the nerve. **Full time wear is superior to night wear and a neutral position splint is preferred.** Generally speaking the results are most favorable in older patients with mild to moderate symptoms.





Ultrasound: uses sound waves to reduce inflammation and joint pain. Studies have shown ultrasound to be effective in the treatment of mild to moderate CTS.



Exercise: exercising the hand regularly can relieve excess pressure on your tendon and nerves. Studies have shown that a combined therapy of nerve and tendon gliding exercises to have good to excellent results.



Laser: therapeutic laser devices combine super pulsed laser, infrared, visible red light and magnetic field to deliver photons to targeted areas of the body to relieve pain and swelling.



PHARMACOLOGICAL TREATMENT

Medications and surgeries may also be considered. If your treatment requires it, a direct referral for treatment may be made to medical, surgical, or other healthcare providers.



Steroid injection: oral and injected corticosteroid can give relief to some patients with mild to moderate CTS. Cortisone injections into the tunnel can also be helpful in determining if the problem is in the wrist or the neck.



Surgical interventions: may be necessary if the symptoms are severe and other measures do not provide relief.

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