

CONDITIONS WE TREAT – CARPAL TUNNEL

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Carpal tunnel is a condition which is resistant to treatment. Pressure around the median nerve located in the inner wrist produces symptoms of numbness, tingling, reduced blood flow and pain.

Unfortunately, here again, the brace commonly worn for this condition is of poor design and adds to the problem in my opinion, further pressuring the inflamed and weakened median nerve.

Experience and success in the treatment of my carpal tunnel patients indicates the use of a new design in bracing coupled with proper therapy and biomechanical evaluation of related areas. Ultrasound, contrast baths and radiocarpal stretching can greatly decrease swelling. Instrumental in achieving these goals is proper nutrition and vitamin use. (Numerous studies indicate the need for specific vitamins). Another area of difficulty that many carpal tunnel sufferers have is in their sleeping positions. (Many carpal tunnel victims assume the side sleeping position wherein the wrist is abnormally flexed or extended at night. This position in and of itself will continue to create carpal tunnel symptoms and lengthen the pathology of this disorder.) Assessment of neck and shoulder function is important.



It is the very occasional patient who requires surgical decompression of the carpal tunnel following our treatment regimen. Our typical patient has no or few symptoms following six weeks of carpal tunnel therapy and requires no surgery.