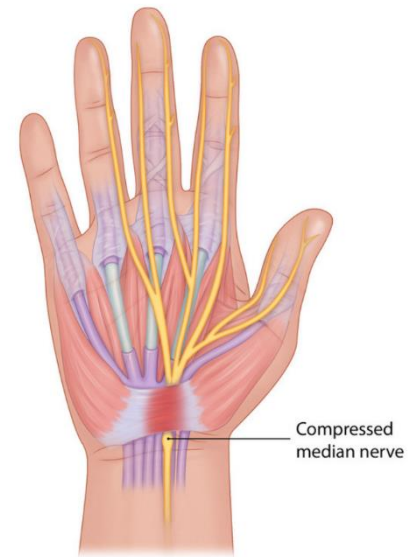


Carpal Tunnel Syndrome

What is Carpal Tunnel Syndrome?

The carpal tunnel is a narrow structure in the wrist that serves as a passageway in the wrist for nerves and tendons of the hand and fingers. One of the nerves that passes through the carpal tunnel is the median nerve that controls feelings in the thumb, index, middle and ring finger as well as the muscles around the base of the thumb. Carpal tunnel syndrome occurs when the median nerve is compressed leading to numbness, tingling or weakness in the wrist or hand. The compression is caused by a narrowed carpal tunnel due to swelling or inflammation of the tendons that are passing through it.



What are the causes/risk factors for Carpal Tunnel?

Carpal tunnel syndrome can be caused by repetitive wrist and finger flexion or forceful hand movements due to sports or work-related activities. Other factors include hormone changes (e.g. related to pregnancy), age or various medical conditions that contribute to joint swelling.

WHAT ARE THE SYMPTOMS?

- Numbness and tingling in the hand / wrist / forearm.
- Pain in the hand / wrist / forearm that can radiate to the shoulder.
- Weakness in the muscles of the affected area, e.g. loss of grip strength
- Stiffness in the fingers (especially in the morning).

WHAT ARE THE TREATMENT OPTIONS?

In our office, we offer a comprehensive approach to treating Carpal Tunnel including:

- Chiropractic Adjustments: Realigning the bones of the elbow, wrist, and hand to help improve function and reduce stress on the carpal tunnel.
- Shockwave Therapy: Using acoustic waves to stimulate healing and reduce pain and inflammation.
- Therapeutic Exercise: Focusing on stretching, increasing range of motion and improving strength.
- Supplements: Including Saligesic for pain, Ligaplex 1 for tissue repair, and Boswellia Complex for decreasing inflammation.
- Ice: Applying ice to the affected area to reduce inflammation and pain.
- Initially wearing an ankle brace to help during the day or night.

Prevention Strategies

- Perform exercises to strengthen and stretch the ankle and foot muscles, especially the muscles that stabilize the ankle.
- Use self-myofascial release techniques to the calves, and foot regularly.
- Undergo a Functional Movement Exam with an Injury Risk Assessment to identify and address potential issues that could lead to increased risks of developing injuries like carpal tunnel.

By following these guidelines, you can manage lateral ankle sprains effectively and prevent its recurrence.



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