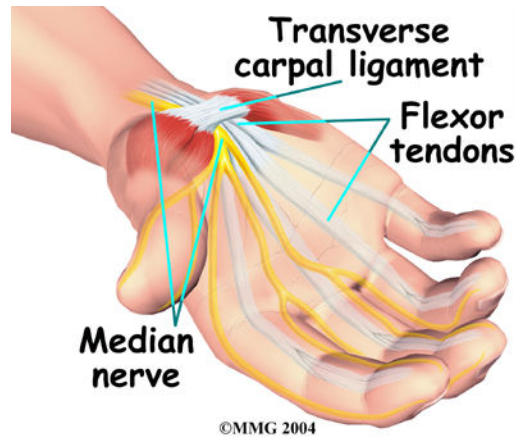


Carpal Tunnel Syndrome

Carpal tunnel syndrome is caused by an inflammation of the muscles and/or tendons of the wrist. This inflammation reduces the space in the carpal tunnel, which can impinge the median nerve. This impingement results in numbness, tingling, and reduced range of motion. Decreased functional ability of the wrist and fingers may result as well.

- Anatomy



- Mechanism of Injury

- Caused by frequent or repetitive tasks
- Improper use, or improper position of the wrists during typing

- Treatment

- Manual Therapy to wrist and hand joint
- Joint Mobilizations to wrist and hand joint
- Posture/Body Mechanics
- Therapeutic Exercise/Pilates focusing on stretching and strengthening the wrist and forearm musculature and maintaining neutral wrist posture with daily activities
- Ultrasound
- Ice and Electric Muscle Stimulation
- Home Exercise Program