

Carpal Tunnel

A Certified Hand Therapist can offer therapy for patients who is experiencing symptoms of carpal tunnel syndrome.

Carpal tunnel is compression of the median nerve in the carpal canal in the wrist. Therapy includes:

Regaining sensation in the affected upper extremity

Individualized Exercise program to regain ROM of the affected wrist and hand by performing flexibility exercises and nerve glides.

Managing/ preventing night symptoms of pain and tingling numbness

Massage arm

Ultrasound / Iontophoresis

Ice pack / Cold Laser

Ergonomic assessment to ensure correct positioning of the upper extremity with repetitive work.

Splinting to maintain the wrist in neutral position at night

Majority patients who present with CTS may need at least 6 visits to ensure at least 50% symptom reduction. Answer these few questions below and accordingly ask your physician for a prescription for therapy by an Upper extremity specialist.

Take this simple test after to find out if you have carpal tunnel ..

Call Hands-On-Care if you:

YES NO

- Wake up at night / early morning with tingling numbness
- Hands feel as if they are swollen
- Pain in the wrist and hand
- Middle and ring finger ache or have electricity sensation
- Dropping / slipping out of objects from the hand
- Mousing increases tingling / numbness
- Stop doing hobbies due to weakness or decreased function.
- Pain may run to the shoulder on the affected side
- Numbness increases with holding on to the steering wheel
- Must take medication to help alleviate pain more than once per week.

Results:

Less than 3 Yes: You're doing fine. Exercising may help keep your hands in check.

Between 3 and 6 Yes: Hand Therapy could definitely be an option for you.

More than 6 Yes: We would advise you to see a doctor to get a better diagnosis, but Hand Therapy is definitely an option.



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Hands-on-Care

499 Blossom Hill Rd,
San Jose, Ca 95123
Phone: 408-268-8536 Fax: 408-268-8727

2242 Camden Ave, Ste 201
San Jose, CA 95124
Tel: 408-884-8361 Fax: 408-884-8359

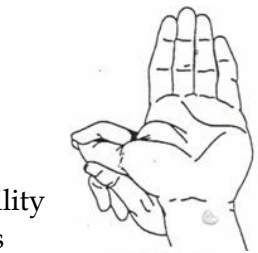
Www.HandsOnCareTherapy.com

Therapy for Carpal Tunnel Syndrome

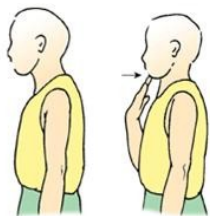
Laying on a 6" foam roll to perform very slow snow angel stretches the pectoralis muscle and open up the channels for the nerve to glide and correct posture.



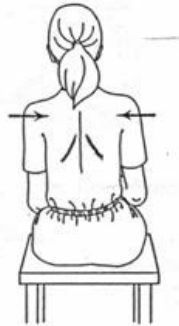
Exercises to improve flexibility of the flexor tendons of the wrist and forearm.



Along with flexibility exercises, patients are given exercises to improve posture



Chin tucks



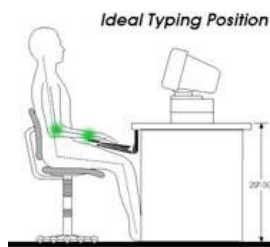
Modalities such as ice and iontophoresis are also used to reduce the symp



toms, enhance function and decrease pain. Patients are also provided with **custom fabricated night resting splints** to main-

tain wrist in neutral position.

Ergonomic assessment is a crucial part of treating carpal tunnel syndrome, whether



working on a computer or assembly line, proper assessment and early correction of the work environment is an intricate part of carpal tunnel treatment.

If a person continues to perform her job incorrectly, no amount of therapy will be helpful. Monitor should be at eye level.

Shoulders relaxed, arms by side.

Elbows 90-100 degrees, no arm rest, wrist neutral, No wrist rest or mouse rest. Mouse should be the size of the hand. Mouse and keyboard should be at the same level. Wrist



should not touch the table when mousing or keyboarding, i.e. no levering on the wrist.

Break program should be installed to remind the patient to take micro breaks when working. Break program should be installed to remind the patient to take micro breaks when working.

Avoiding constant gripping when driving or repetitive gripping should be avoided to prevent worsening of symptoms.

Strengthening postural muscles is crucial to maintain the scapula against the rib cage, if weakened, it will add to the compression of the nerves proximally by protraction of the shoulders, thus adding to the pressure on the nerves.

Treatment for carpal tunnel is simple, you just need to do the right exercises at the right time.

Treatment by a CHT is covered by all insurances.

You need to obtain a prescription from your physician.

A max of 6-10 sessions are needed in the early stages of the syndrome to learn all the exercises and regain full function of the arm and prevent future problems.