

# Who Gets Carpal Tunnel Syndrome?

## Chiropractic Part of Balanced Healthcare

# Carpal Tunnel Syndrome

The cumulative strain caused by repetitive tasks or machinery vibrations combined with spinal problems or other joint dysfunction can lead to the development of carpal tunnel syndrome (CTS). Although anyone can be afflicted with CTS professions such as assembly line workers, cashiers, butchers, secretaries, data entry clerks, carpenters, musicians and housewives are at particular risk.

Other risk factors associated with CTS include previous fractures or falls on the hand, hormonal changes from pregnancy or birth control and diseases such as osteoarthritis, diabetes and thyroid conditions.

**Vibrations, repetitive motions, spinal problems & joint dysfunction can all lead to CTS.**



Chiropractic care focuses on maximizing the body's incredible potential for self-healing by detecting, correcting and preventing interferences in your nervous system. It may include spinal adjustments, stretches, exercises or other healthy lifestyle recommendations.

**Chiropractic can change your life!**

#### REFERENCES

Hust, L.C., Weissburg, D. & Carroll, R.E. The relationship of the double crush syndrome (an analysis of 1,000 cases of carpal tunnel syndrome). *J Hand Surg*, 1985

Bonebrake, A.R. et al. A treatment for carpal tunnel syndrome: Evaluation of objective and subjective matters. *JMPT*, 1990

Gerr f., Marcus M., Ensor C. et al., A prospective study of computer users: I. study design and incidence of musculoskeletal symptoms and disorders. *American Journal of Industrial Medicine*, 1998

Gray H., *Gray's Anatomy; Anatomy of the Human Body*, 30th edition, Lea and Ferbiger, edited by Charles Mayo Gross, M.D., Philadelphia, 1989



CHIROPRACTIC

PART OF BALANCED HEALTHCARE

## What is Carpal Tunnel Syndrome?

The carpal tunnel is formed by bones in your wrist (carpal bones). Nine tendons and one nerve (the median nerve) pass through this tunnel. Injury, disease or constant repetitive motion can cause these structures to become irritated and inflamed.

Since the carpal tunnel is made up of bones, it can not stretch to accommodate an inflammation. Pressure on the median nerve causes the symptoms associated with carpal tunnel syndrome.



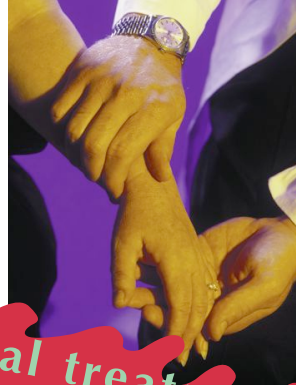
**The carpal bones will not expand to accommodate the inflamed median nerve.**

## The Median Nerve's Role in CTS

The median nerve transmits information between your spinal cord and your thumb, index and parts of your middle & ring fingers.

To reach your hand, the median nerve passes through your wrist, elbow, arm, shoulder and several bones in the lower part of your neck. Problems in any of these areas can cause the symptoms associated with carpal tunnel syndrome.

Often patients diagnosed with carpal tunnel syndrome may have motion and alignment problems in their neck.



## How Can Chiropractic Help?

Since the median nerve extends from your spine to your finger tips, proper mobility and positioning in all the areas it passes should be assessed.

After your assessment your chiropractor will make specific adjustments to reduce the irritation to the nerve. This can be done with adjustments to the spinal area of your neck and/or through adjustments to specific joints such as your wrist, elbow or shoulder.

Your chiropractor can also help you address any posture or ergonomic concerns. Incorrect posture or wrist positioning during your repetitive tasks can aggravate your condition.

Chiropractic care offers drug free, non-surgical treatment for carpal tunnel syndrome patients with excellent results.

Chiropractic offers drug free, non-surgical treatment for Carpal Tunnel Syndrome

## Symptoms of Carpal Tunnel

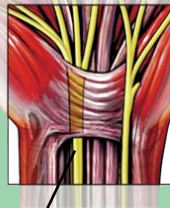
- Pain, tingling or numbness in the thumb or fingers
- Pain from your hands, up the arm which may extend to your shoulders and neck
- A swollen or "tight" feeling in your hands or wrists

Other symptoms may include:

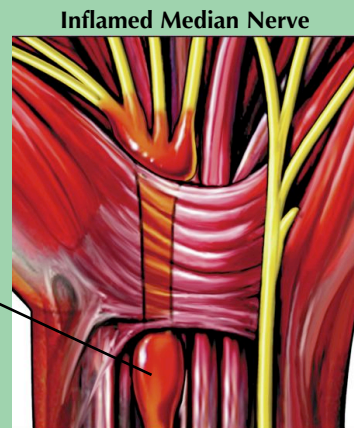
- Hands & lower arms may feel weak in the morning
- You may drop objects more than usual
- You may have trouble pinching or grasping objects
- You may have trouble with detail tasks such as writing or tying your shoes
- You may have trouble with strength tasks such as opening sealed jars or using a screwdriver



Healthy carpal tunnel



Median Nerve



Inflamed Median Nerve

