

Carpal Tunnel Syndrome

Carpal Tunnel:

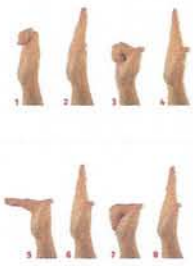
This term is used to describe impingement of the median nerve at the wrist. This results in numbness, tingling and pain to the middle 3 digits.

TREATMENT:

Treatment for this condition varies from physio, splinting and/or cortisone and/or surgery. Initially non-surgical management, such as physical therapy is encouraged. Splinting the wrist in a neutral position is believed to take pressure off of the carpal tunnel and many physical therapy clinics sell these splints. Steroid injections are believed to reduce inflammation in the carpal tunnel which will then create more space for the median nerve. Physical Therapy can also offer anti-inflammatory modalities (UltraSound, Interferential Current) as well as strategies for activity and work modifications. Therapist can also prescribe stretches to help create more space for the median nerve and nerve glide exercises which help encourage the median nerve gliding through its tunnel. In some case desensitization is also required. On the backside of this page there are instructions for managing the initial symptoms of this condition. If symptoms persist for longer than 2 weeks, it is best to see a Physical Therapist to help manage this condition.

Notes:

1- Tendon gliding combo - Sets:3 / Repetition:10 / Hold:1-2



Start with your hand and fingers straight and in line with your forearm. Without moving your wrist do the following movement and reset your fingers to the starting position between each:

- 1- flex the two last knuckles of your fingers
- 2- curl your fingers to form a fist (without the thumb)
- 3- flex your metacarpophalangeal joint only to form an angle of 90 degrees between your fingers and your hand
- 4- flex the fingers straight to form a 90 degree angle with the hand then flex between the first and second phalanx so the tip of your fingers come straight in the palm of the hand. Keep the second and third phalanx in a straight line.

2- Wrist extensors stretching - Hold:30



Extend one arm out in front with the elbow straight. Use the other hand to grasp it at the side of the thumb and bend the wrist downward. Turn wrist towards the small finger to increase the stretch.



3- Stretching wrist flexors - Hold:30



Hold the palm of one hand with the other hand while keeping your elbow straight on the affected arm and pull your hand back gently to feel a stretch in the forearm.

