

ABOUT CARPAL TUNNEL SYNDROME

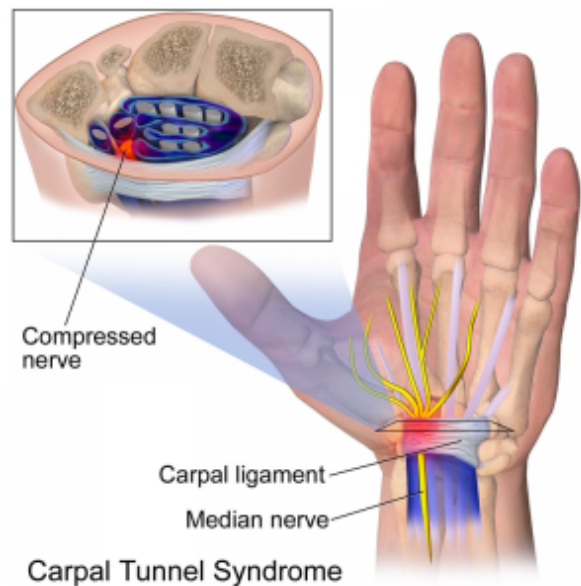
HISTORY

Causes of Carpal Tunnel syndrome:

- Increased pressure of carpal tunnel and compression of median nerve.
- Repetitive wrist movements
- Autoimmune conditions ex. Rheumatoid arthritis, diabetes.
- Obesity.
- Previous wrist injuries.
- Osteoarthritis.

SIGNS & SYMPTOMS

- Tingling, numbness, burning in palm, thumb, index, middle finger
- Weakened grip strength
- Shock sensation into fingers
- Tingling up arm
- Fingers fall asleep at night
- Weakness/atrophy of thumb muscles
- Worst symptoms when gripping objects



ANATOMY

The median nerve passes through the carpal tunnel in the wrist and provides sensation and motor control to part of the hand.

Excessive pressure on the wrist can compress the median nerve causing symptoms.



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1.Pain Management

Median nerve stretch

begins with your arm extended to the side with your palm facing upwards. Gently extend your hand and fingers so that your palm is facing away from you, tilting the head to the opposite direction. Be sure to perform this exercise gently. Hold for 20 seconds, repeating 3 times each side.



2.Mobility

Assisted wrist extension

begins with outstretched arm with your palm facing away from you and your fingertips pointing towards the floor. Using your other hand, gently pull back on the fingertips of the extended arm, keeping the elbow straight. Hold for 30 seconds and repeat 3 times.



3.Strength

Perform **wrist extensor strengthening** by sitting and resting your forearm on your thigh with your palm facing downward. Holding a light weight, slowly curl your hand upwards, and then slowly return it to the starting position. Repeat 10 times for 3 sets, keeping the forearm in contact with the thigh.



4.Functional/Sport

Pushups can be performed from your feet or knees with your hands in line with your shoulders. Slowly move your body forward in a pushup position until you are just above the ground, keeping your elbows close to your body. Then return to start position. Perform these until fatigue for 3 sets.

