

CARPAL TUNNEL SYNDROME

By Dr.'s Boyd & Cindy Williams

Carpal Tunnel Syndrome (CTS) is most often caused by pressure on the median nerve just above the wrist. The carpal “tunnel” is named for the area of your wrist containing the carpal bones, the transverse carpal ligament (connecting two outside carpals together), the median nerve and the tendons controlling finger and hand movement.

Pressure on the median nerve may occur due to injury (for example, a sudden bending back of the wrist), or sustained pressure from activities like typing/keypunching, chopping, hammering or pushing.

Some warning signs are pain, numbness, tingling or burning sensation, weakness or loss of grip strength, and loss of sleep due to discomfort. Often a diagnosis of CTS is given mistakenly, when the problem is actually a muscle strain, tendonitis and/or a pinched nerve(s) in the neck!

CTS can be produced from many different problems in the wrist and/or arm. Also, if there is misalignment of your neck vertebrae, this can result in nerve compression in the neck which can block the flow of nutrients to the nerves in the wrist, making it more susceptible to injury (this is called the ‘double crush syndrome’). Medical textbooks even stress the importance of examining the neck for nerve pressure in cases of shoulder, arm, hand and wrist pain.

One study investigated 1,000 cases of carpal tunnel syndrome and found that a large number of those suffering from CTS also had neck arthritis. **Gentle chiropractic treatment of the cervical spine and affected wrist area can be very effective in the treatment of CTS.**

If you or someone you know suffers from Carpal Tunnel Syndrome (CTS), do not have “tunnel vision”. Get a second opinion BEFORE you consider surgery. Painful, expensive surgery, braces or drugs are not the only treatment, and may not be necessary. The earlier CTS is treated, the easier and quicker the recovery.

For more information on this or other health topics, including information about our services, go to www.creatingfamilywellness.com or call us at 507-281-4878.