

Carpal Tunnel Treatment

What is Carpal Tunnel Syndrome?

Pain, numbness and/or weakness of the hand caused by entrapment of the median nerve at the wrist.

Common Symptoms:

- Numbness or tingling of thumb, index and middle fingers
- Pain that wakes one up at night
- Pain while holding a steering wheel or any object for an extended period
- Pain with prolonged use of the hand, i.e., typing, manual labor

Common Causes:

Extreme dorsi-flexion of the wrist from:

- Push-ups
- Weight lifting
- Burpees
- Overuse

Associated symptoms:

- Vague pain of shoulder, elbow, forearm, wrist and/or hand
- Can be seen in rotator cuff tendonitis and tennis elbow.

Treatment:

- Wrist splints for work and/or sleep
- Proper ergonomics at work and sports
- Physical therapy
- Pull on wrist and flex downwards
- Avoid extreme dorsi-flexion of wrist
- Carpal tunnel injections
- Surgery



Pull and palmar-flex your wrist, and always keep wrist straight with lifting and pushing.



Push-ups on weights or fists.

DON'T DO



Avoid extreme wrist extension.