

Carpal Tunnel Symptoms & Treatment

General information offered to my valued patients-- Dr. Matt Butler DC

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is associated by symptoms and signs, which are caused by compression of the median nerve travelling through the carpal tunnel.



Symptoms

Median nerve is pinched or compressed as it travels through a small tunnel in the wrist. This can cause a numb sensation that shoots through the fingers.

Numbness most commonly felt in the thumb, index finger, long finger, and ring finger. Very common to experience these symptoms at night.

What Causes Carpal Tunnel Syndrome?

Activities that require the wrist to be in a constantly extended or flexed position for long period of time i.e.- typing & computer mouse
Repetitive gripping i.e.- power gun or other power tools.
Can sometimes occur when sleeping.

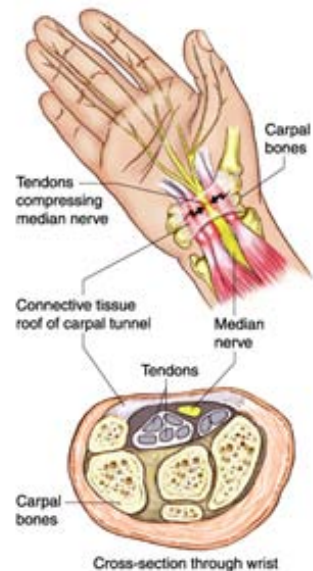
What can I do at home?

Ice or heat (For more details ask Dr. Butler)
Wrist exercises
Wrist brace and/or night splint when needed
Avoid repetitive wrist movements
Proper computer set up
Take mini breaks when using the computer

Treatment & Exercises

For a more detailed explanation of exercises & treatment, call and book an appointment to speak with Dr. Butler DC.

Every program that is designed is tailored to each individual.



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