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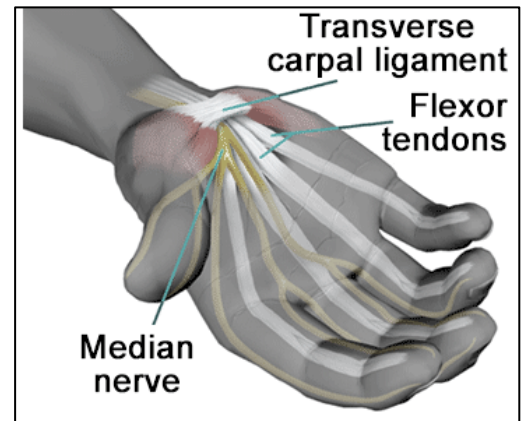
Working hand in hand for a healthier you

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) symptoms can be pins and needles &/ or numbness in the thumb and first two and a half fingers, shooting pain into the hand or up the arm, dropping items from a weakened grip. Often the worst symptom is waking up through the night to a numb hand.

The carpal tunnel is where the median nerve and nine tendons, used to flex the thumb and fingers, move from the forearm into the hand. The tunnel is bordered by bones and ligaments.

The median nerve can be compressed by swelling, external pressure and bending the tunnel – by moving the wrist forwards or backwards, or by pulling the thicker muscular part into the tunnel in pinching or gripping.



Therapy

The aim of therapy is to reduce or eliminate the CTS symptoms.

Reducing pressure on the median nerve

- Using a splint to keep wrist at neutral
- Resting the affected hand
- Nerve gliding exercises
- Activity modification
- Strengthening

Avoid:

- Aggravating tasks
- Repetitive pinching and grasping
- Using a needle, peeling vegetables etc



Nerve Glide Exercises

Start: Elbow & Wrist both straight.



End: Elbow and Wrist both bent



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