



Suite 801, Harley Place
251 Oxford Street
Bondi Junction NSW 2022
(Entry via Hollywood Avenue)

T 02 9388 9743
F 02 9387 8355

Working hand in hand for a healthier you

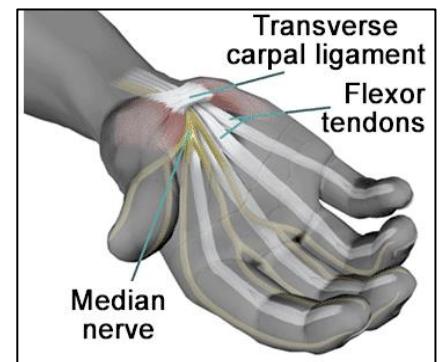
Carpal Tunnel Syndrome = Median Nerve Compression at the wrist

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 –moving the wrist forwards or backwards, or by pulling the thicker muscular part into the tunnel in pinching or gripping.

There are a range of risk factors that can be discussed with your therapist.



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
- Median nerve glides and tendon glides
- Activity modification

Avoid:

- Aggravating tasks
- Repetitive pinching and grasping



Median Nerve Glides

Move smoothly between the positions shown below.

Start: Elbow & Wrist both straight.

End: Elbow and Wrist both bent.

