

# Do You Have Hand Numbness - Cannot Sleep at Night - You May Have - Carpal Tunnel?

## What is Carpal Tunnel Syndrome?

Carpal tunnel syndrome is a pain, tingling, numbness and other problems in hand because of pressure on the nerve from stressed tight muscles, soft tissue swelling or anything that makes the carpal tunnel smaller causes carpal tunnel syndrome.

## Causes of Carpal Tunnel

Pressure on the nerve which controls movement and feeling in your thumb and first three fingers (not your little finger).

Things that can lead to Carpal tunnel may include the following:

- a. Making repeated Motions, especially if the wrist is bent. Like Computer work, - Needling, Carpenter work, and gardening.
- b. Wrist injuries and bone spurs (in degenerative bone diseases or osteo- arthritis).
- c. Illnesses: such as arthritis and nutritional deficiencies.
- d. Pregnancy, Obesity, Smoking and Alcohol abuse: Can reduce blood flow to the nerve.

## Symptoms of Carpal Tunnel

- a. You may first notice symptoms at night.
- b. You may get relief by shaking your hand.
- c. Carpal tunnel syndrome can cause tingling, numbness, weakness, or pain in the fingers: in the THUMB, INDEX finger, MIDDLE finger, and half of the RING finger or hand.
- d. Some people may have PAIN in their arm between their HAND and their elbow.

IF you have problems with your LITTLE FINGER this may NOT be Carpal Tunnel, because a different nerve gives feeling to the little finger.

Treatment -- Without Drugs or Surgery

- A. The sooner you start treatment of the carpal tunnel the better your chances of stopping symptoms and preventing long-term damage to the nerve.
- B. We consider all factors involved: through the whole person approach by Addressing the physical, nutritional, hormonal, emotional aspects by:
  - a) Removing the pressure of the nerve.
  - b) Treating the root cause of the problem, based on the testing and evaluation.
  - c) Specific rehabilitation wrist and fingers exercise.
  - d) Other procedures will be performed based on a case by case evaluation.

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