

Carpal tunnel syndrome

News

Carpal tunnel syndrome is caused by compression of the median nerve as it passes the wrist and goes into the hand. People who suffer from carpal tunnel syndrome will experience pain, numbness and/or a falling asleep sensation in the thumb, index finger and middle finger. Some people will also experience symptoms into the half of the ring finger that is closest to the middle finger.

Positioning the wrist in a flexed position, as is bending your hand towards the underside of your forearm, closes down on the space available in the tunnel, leading to increased likelihood of compressing the nerve. (Conversely, bending the wrist backwards can open up that space).

The first thing I would *suggest* you do is to make note if there are particular activities that reproduce your symptoms. If so, see if you can modifying the posture of your wrist which will help to alleviate symptoms.

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Symptoms

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Positioning

Bending the wrist backwards can open up that space.

Preventive care

The first thing I would suggest you do is to make note if there are particular activities that reproduce your symptoms. If so, see if modifying the posture of your wrist helps to alleviate those symptoms.

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Mohamed M Hassan

President at Dr. Hassan Chiropractic & Natural healing, USA

Correspondence: Mohamed M Hassan, President at Dr. Hassan Chiropractic & Natural healing, Texas Chiropractic College, USA, Email dr.mmhassan@yahoo.com

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Conflicts of interest

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