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*"treating the cause of your problem, not just the symptoms"*

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## **Carpal Tunnel Syndrome**

There are many occupations in today's society that involve repeated pinching movements of the fingers and flexing of the wrist. It has been well documented that these repeated movements can cause a painful irritation of the hand and forearm.

When you are flexing your wrist, almost all the muscles involved in this movement are controlled by one main nerve. It is called the "median" nerve, and originates from the spinal cord in your neck. Commonly, problems arise as this nerve passes under the ligament that offers support to your wrist (the transverse carpal ligament). The space through which this nerve passes is very small. Therefore, if your occupation requires you to be continually flexing your wrist (for example, cashiers or mechanics), the nerve can become "inflamed" or "entrapped" underneath this ligament.

The result of this "entrapped" nerve is a burning, prickling sensation in the hand or fingers. There may also be pain and weakness of the hand. Occasionally, the pain may extend up into the arm and shoulder region. People who have this problem will often complain that their hand feels swollen, that it hurts while sleeping, or that the sensation of their hand has decreased. To them, it feels like they are "wearing a glove".

This problem is known as "Carpal Tunnel Syndrome" and is treatable. For those people who have the syndrome, there are non-surgical or preventative approaches that can be tried. If these approaches are not successful, surgery may be required.

If you are experiencing any of the symptoms that have just been described, consult your local chiropractor or medical doctor.