



Signs of Carpal Tunnel Syndrome

We all have heard about it and even seen evidence of the syndrome when we see people wearing supports on their wrists and taping around their forearms. If you think this is a new condition that evolved with the technological age, then you are mistaken. This condition has been present and evidenced since the beginning of the twentieth century.

Believe it or not— Computer operators are not the only ones afflicted with this condition. Also, musicians, meat cutters, automotive workers, secretaries, construction workers, administration workers, postal workers, and other occupations requiring repetitive movements are at risk.

Possessing this knowledge is powerful. More importantly, implementing certain ergonomic factors into your work routine can make the difference of working optimally and healthy or having a repetitive stress injury resulting in Carpal Tunnel Syndrome.

Ultimately, this condition can lead to excessive time from work, pain, disability and dysfunction.

Before we speak about its prevalence, let us find out what Carpal Tunnel Syndrome really means.

Carpal Tunnel syndrome is a condition characterized by pain, tin-

gling, numbness and weakness in the palmar (palm) surface of your wrist, hand(s), and fingers.

The tunnel refers to a wide space present in your wrist that is defined by two bones, which act as borders to the tunnel. You have nine (9) tendons and a relatively large nerve (Median Nerve) which run in between the tunnel.

When the median nerve is inflamed and irritated it often delivers tingling, numbness and weakness to your thumb, index, middle and ring fingers.

The pinky is not involved. Each of the involved fingers are affected because the median nerve has a dual function. One is motor, which means that it sends signals to muscles in the hand to tell them to move. When this part of the nerve is damaged it usually results in muscle weakness. The other function is sensory, which helps our body differentiate pressure and other sensations. Unfortunately, Carpal Tunnel sufferers have unpleasant sensations that usually involve constant pain and/or discomfort.

Early onset is usually noticed by intermittent tingling and/or numbness in your fingers and it may event radiate up toward your arm. As the condition progresses

(Continued on page 2)

CARPAL TUNNEL

SYNDROME

- *Numbness*
- *Muscle Weakness*
- *Tingling*
- *Repetitive stress*
- *Arm, hand, neck pain*
- *Affects women more*
- *Avoid surgery at all cost*

INSIDE THIS ISSUE:

CARPAL TUNNEL SYNDROME	1, 2
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STRETCHES	3
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GUESS THE WORD	3
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YOUR IQ SCORE	4
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Signs of Carpal Tunnel Syndrome

(Continued from page 1)

the symptoms become more frequent and noticeable weakness of the hand may occur. Dropping objects may become common place. Carpal tunnel often affects the hand most often used. If you are right handed then that is likely to be the affected hand if you suffer from Carpal Tunnel Syndrome. However, there are many cases where those with the condition have both hands affected.

It is very important for people who suffer from the condition to be properly diagnosed. There are other contributory conditions that may cause carpal tunnel syndrome. They are diabetes, thyroid disorders, pregnancy, menopause and rheumatoid arthritis.

Here is an interesting fact. Women are nearly 3x more likely to be afflicted with the condition.

Therefore, proper testing must be done to rule out any pre-existing conditions. Lab tests may be suggested. **X rays and a complete neuro-muscular exam are a few must-have tests.**

Two popular tests, which have become the standard test to determine if a person is diagnosed with Carpal Tunnel are the Nerve conduction velocity test (NCV Test) and Electromyogram test (EMG Test).

The EMG test involves electrodes being connected to a machine that sends mild shock like volts into muscles to determine if the muscles are receiving the right signals or if they are wasting away. The NCV Test is similar in function, however it is placed directly on the median nerve's path and

tells the doctor if the nerve's signals are being blocked in the tunnel.

A skilled doctor must do specific orthopedic tests before they order these tests. One test in particular involves the patient placing their hands palm upward and tap along the carpal tunnel (base of the wrist) to determine if the patient has the same symptoms of tingling or numbness reproduced at this site.

Chiropractic exams are thorough and consist of neuro-muscular tests, X rays and orthopedic tests to determine where the problem exists. The median nerve may be irritated because the wrist bones, elbow or other extremity joints are off alignment. The examination will also determine if there is direct pressure being exerted on the median nerve in the neck. Again, **there may be a misalignment directly where the nerve exits the spine and travels down the arm.**

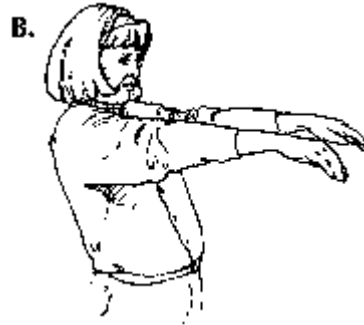
Surgery, cortisone injections, and constant splint wearing are all common treatments medical doctors prescribe for carpal tunnel treatment. Many people get relief with these methods.. However, **Chiropractic treatment is the most non-invasive, natural method of solving the problem by addressing not only the muscles and ligaments, but also the bones and their affects on nerves.**

5 minute Daily Stretches to help prevent or decrease Carpal Tunnel Syndrome

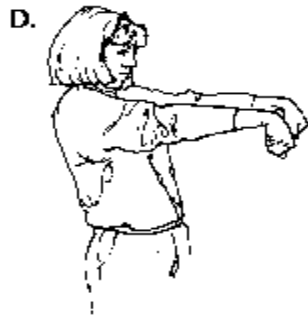
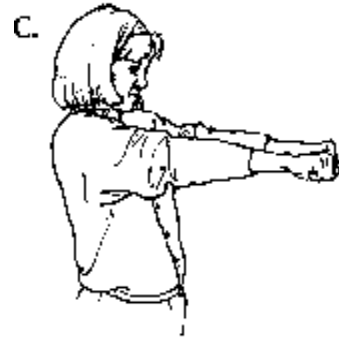
Extend Hand for 5 seconds



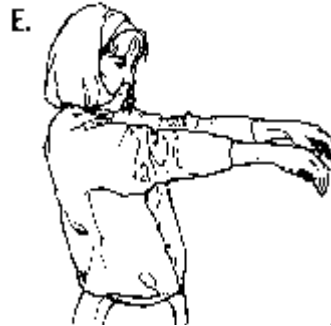
Straighten both wrist and relax fingers



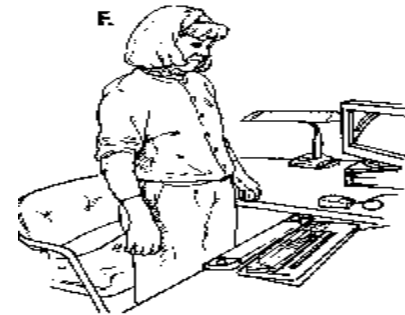
Make a tight fist with both hands



Then bend both wrist while keeping the fist. Hold 5 seconds



Straighten both wrist and relax fingers for 5 seconds



The exercise should be repeated 10 times. Then shake your arms few seconds then rest

Guess the word

The following words have been spelled **WRONG**. These words all relate to healthcare. Some may be very familiar to you and others may not. Those that are unfamiliar may have been used during your office visit(s). Hint: Chiropractic terms.

The words are scrambled so put them together by **aligning** them properly.

1) **CPARAL**

HINT: ANOTHER WORDS FOR WRIST BONE

2) **PERITTIVE**

HINT: MOVEMENTS THAT CAN CAUSE CARPAL-TUNNELL SYNDROME

3) **NCV**

HINT: COMMON TEST FOR CARPAL TUNNEL

4) **RUSGEYR**

HINT: BAD 1ST OPTION FOR CARPAL TUNNEL

5) **STEOIRD**

HINT: CORTIZONE SHOT

6) **RLIEFE**

HINT: CARPAL TUNNEL SUFFERES GOAL

7) **TNUNEL**

HINT: PLACE IN WRIST WHERE NERVE IS DAMAGED

8) **NIFLAMMATION**

HINT: OCCURS WHEN MEDIAN NERVE IS IRRITATED

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SHOW WHAT YOU KNOW &
LEARN WHAT YOU DON'T

1. Carpal Tunnel Syndrome can not be caused by which of the following?
A) Repetitive Stress
B) Misaligned Spinal Bones
C) Auto Accidents, Fall
D) Back Pain
2. Women are more likely to suffer from Carpal Tunnel Syndrome
A) True
B) False
- 3) Medicine and surgery should be your first options in treating Carpal Tunnel Syndrome?
A) True
B) False

GUESS THE WORD ANSWERS: SEE PAGE 3

ANSWERS
1. D
2. True
3. False

1. CARPAL
2. REPETITIVE
3. NCY-CORRECT
4. SURGERY
5. STEROID
6. RELIEF
7. TUNNEL
8. INFLAMMATION

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