



newbury
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

CARPAL TUNNEL SYNDROME



CHIROPRACTIC:
SAFE & EFFECTIVE TREATMENT

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CARPAL TUNNEL SYNDROME

The carpal tunnel is a narrow channel of the wrist, bounded by ligaments, through which pass the tendons that flex the fingers and wrist. This space is roofed over by a tough ligament (flexor retinaculum) that prevents the tendons from pulling away from the wrist when it is bent. One of the two sensory nerves to the hand, the median nerve, also passes through the carpal tunnel and there is little or no room for expansion.

Any swelling in the region will tend to compress the median nerve and interfere with the conduction of nerve impulses. The result is numbness and tingling and sometimes pain in the half of the hand on the thumb side which is supplied by the nerve.

Carpal Tunnel Syndrome can affect both wrists, and typically affects women more than men. It usually affects the dominant hand first.

What are the symptoms?

Early symptoms begin as pain and tingling in the thumb and first two fingers. It occurs more frequently at night or early in the morning. Numbness in these fingers makes the handling of small objects difficult, and weakness of the muscles in the hand will start to show as wasting of the fleshy part of the thumb.

If you suspect you have carpal tunnel syndrome, you should consult with your chiropractor as it needs to be differentiated from other conditions. It can be confused with RSI which has similar symptoms e.g. tingling, coldness, sensory and motor loss and numbness sensation felt in the fingers.

Your chiropractor will take a thorough history and physical examination to rule out fracture or dislocations, and reach a diagnosis to enable them to treat you more effectively.



How can it be treated?

Gentle chiropractic mobilisation or manipulation of the wrist bones, combined with ultrasound therapy at the wrist can be useful to disperse swelling and help establish space in the tunnel which has been lost due to prolonged swelling.

Other joints such as elbows and shoulders, the neck (cervical) and upper back (thoracic) spine should also be assessed for secondary or associated problems.

Your chiropractor may ask you further questions about your working posture to identify ways to reduce the stresses placed on your wrists whilst at the work place.



FAQs ABOUT CHIROPRACTIC



What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

What can Chiropractors do?

Most people associate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, including most ailments and complaints affecting feet, knees, hips, arms, shoulders and hands.

Chiropractors use an holistic approach that takes into consideration your overall health and lifestyle.

Although best known for manipulating joints (also known as 'adjusting'), Chiropractors utilise a number of different procedures in the course of patient care such as heat, cold, electrical stimulation, ultrasound, traction, postural support, exercise programmes and dietary management.

How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please contact us on **01635 48088**.