



# Carpal Tunnel

Carpal tunnel syndrome (CTS) is one of the most common hand conditions. It is caused by pressure on the median nerve in the wrist's carpal tunnel. The carpal tunnel is a narrow passageway surrounded by bones and ligaments on the palm side of the hand. When the median nerve is compressed, this is known as CTS.

## SIGNS AND SYMPTOMS

**Anyone can get carpal tunnel syndrome, but it normally occurs in adults.**

**Symptoms:** will start slowly common symptoms are:

- numbness/tingling in the fingers, especially the thumb index and middle fingers.
- hands feel swollen or cold

when symptoms progress;

- feel symptoms throughout the day
- difficulty with hand and wrist

**Prevention**

- Take breaks: gently stretch and bend hands and wrists periodically. Alternate tasks if possible. Reduce force and relax your grip: if you work as a cashier or at a keyboard, hit keys softly
- Watch your form: don't bend your wrist down when typing. Don't lift heavy
- improve posture
- energy conservation

## Risk Factors

Anatomical factors, Nerve damage condition,

Inflammatory condition: Workplace factor

## WHAT CAN OT DO??

OT can help in both surgical and nonsurgical interventions of CTS.

**Edema control:** reduce swelling to increase active range of motion

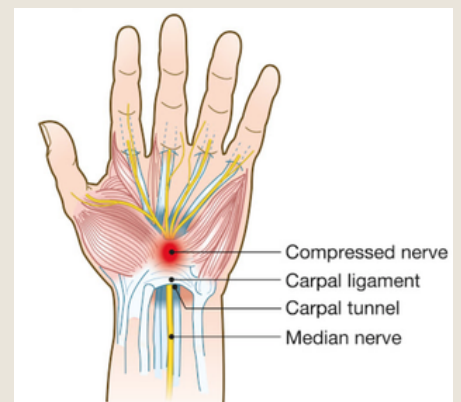
**Pain management:** using modalities to decrease pain and increase movement

**Improve range of motion:** functional range

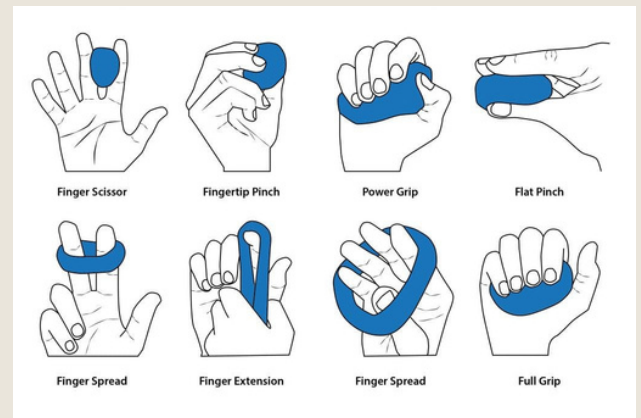
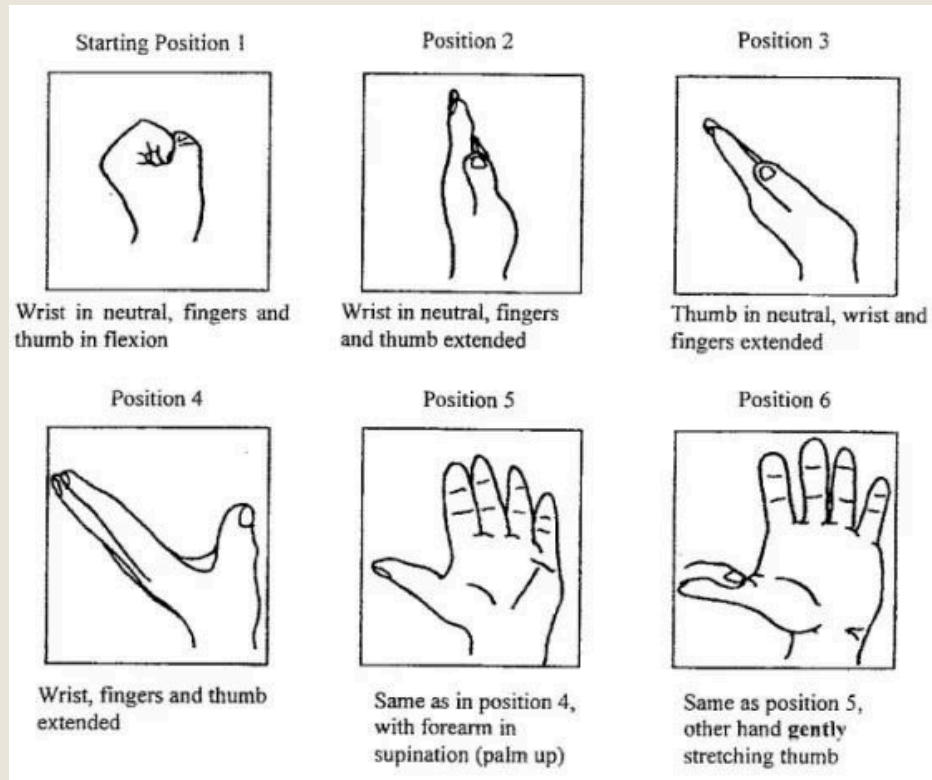
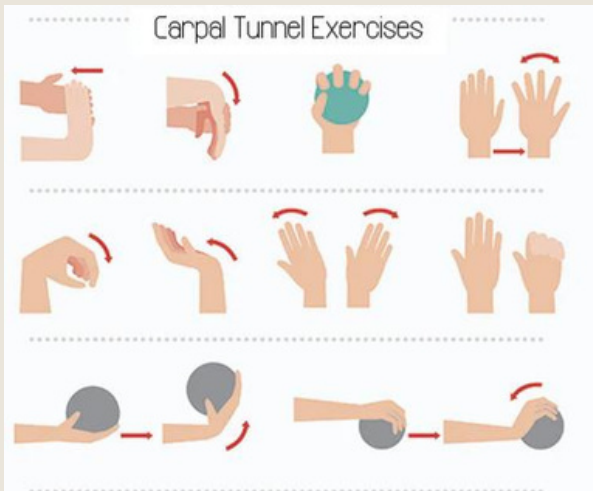
**Sensory re-education:** helping with scars that may be sensitive and impact the use of hand

**Splinting:** ensure proper healing

**Preventive education:** modifications in everyday tasks



# Stretches and Exercises



**Click here for our youtube video!:**  
<https://youtu.be/dUZy9CT4psg>

## REFERENCES

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