

## Chiropractic Wellness Health Minute...



### Carpal Tunnel Syndrome

Have you ever awakened to find that your fingers were asleep? Do you ever notice a tingling sensation in your hands? Do you hear a “clicking” noise in your shoulder when you reach for something overhead? You are not alone! Repetitive stress injuries are very common and can occur anywhere in the body including the back, elbow, and shoulder. The most common repetitive stress injury is carpal tunnel syndrome-the chief complaint of data entry personnel.

Carpal tunnel syndrome is one of the most commonly misdiagnosed conditions. True carpal tunnel syndrome is the entrapment of the median nerve within the bony framework of the wrist. However, the median nerve runs all the way from the neck down the arm, and carpal-tunnel-like symptoms can result from compression of the median nerve anywhere on the path. Of course, if the problem doesn't originate in the carpal tunnel, it's not really carpal tunnel.



It is possible that the median nerve is impinged in the shoulder or elbow. **A doctor should evaluate the entire lengthy of the median nerve in order to avoid misdiagnosis.** Simple adjusting of the neck, shoulder, elbow and the wrist with trigger point therapy and exercise could be all that is needed to avoid a costly surgery.

Shoulder pain can also result from trauma, but repetitive stress is often the reason. Many jobs and recreational activities require a lot of overhead work. This repeated stretching of the muscles can cause inflammation (bursitis) and, more importantly, misalignment.

Rotator cuff problems and referred pain from a misaligned vertebra in the neck can also cause pain. This is something that can be corrected, and many nights of discomfort avoided, with chiropractic evaluation and treatment.

To avoid these ailments, warm up and cool down before and after all activities, work or play. Maintain your posture and include stretching for all job-related activities. It only takes one minute to roll your shoulders back, flex your wrist and sit up straight. **Simple tips like these can help you maintain optimal health!**

Happy New Year and best wishes!,

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