

CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome is a medical condition due to compression of the median nerve as it travels through the wrist at the carpal tunnel.

Symptoms: numbness or tingling in the hand or fingers
reduction in grip strength and hand function

Massage therapy can help reduce hand pain and improve function

EXERCISES AND STRETCHES

WRIST

Stretch your wrist, hold for 20 seconds



GRIP

Squeeze a stress ball 5-10 times



FINGERS

Make a fist, then spread your fingers wide. Repeat 5-10 times



SELF-CARE

Take frequent breaks.
Rest your hands.
Avoid activities that worsen symptoms.

SPLINT

Relieve pressure on median nerve



SURGERY VS. THERAPY



Research shows that physical manual therapies can be more effective than surgeries for carpal tunnel syndrome in the short term, and equally effective in the medium and long term.