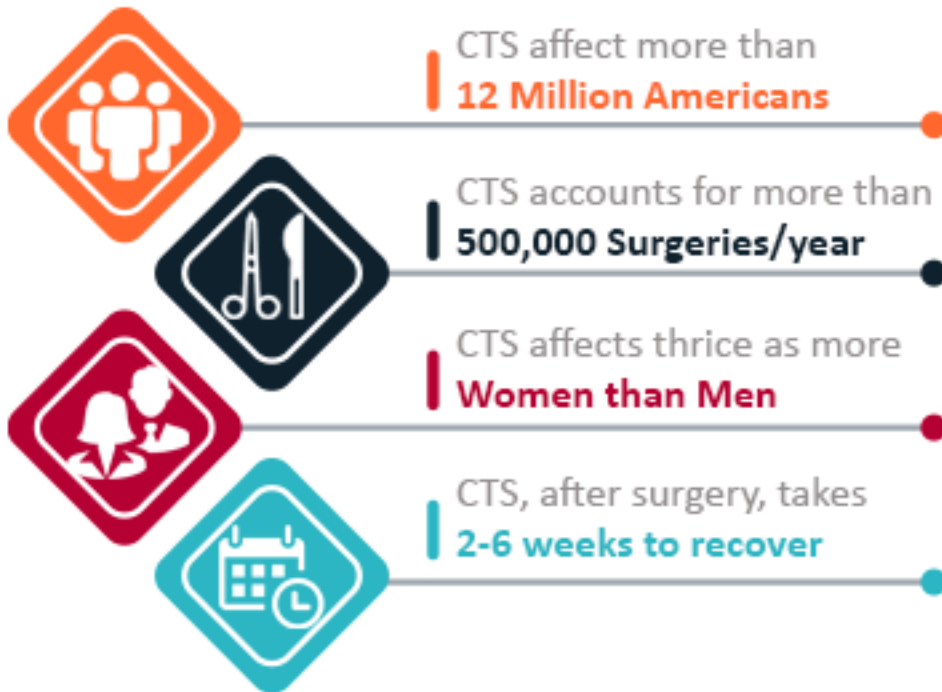


ALL ABOUT CARPAL TUNNEL SYNDROME



CAUSES OF CTS

INJURY

Injury to the wrist structures due to repetitive movements and overuse

MEDICAL CONDITIONS

Numerous medical conditions can cause CTS like diabetes, obesity, arthritis, hypothyroidism

FEMALE-SPECIFIC

Some of the causes of CTS may be women-specific including pregnancy, menopause, etc.



Symptoms

Tingling, Itching, Burning, and Numbness in the palm/fingers



Arrange your workspace using ergonomic guidelines



Keep wrists in a relaxed position avoiding prolonged bending/stress



Use tools that are suitable for the size of your hands



Keep your grip firm but reduce the force and avoid overpressure



Consult a physical therapist for the best exercises to manage pain



Risk Factors

Diabetes, pregnancy, repetitive hand and wrist movements, extreme flexion/extension



Effective Treatment

Wrist splints/orthotics
Stretching and massage
Physical/Occupational Therapy