

Carpal Tunnel Syndrome - Prevention

You're working at your desk, trying to ignore the tingling or numbness you've had for months in your hand and wrist. Suddenly, a sharp, piercing pain shoots through the wrist and up your arm. Just a passing cramp? The result may be pain, weakness, or numbness in the hand and wrist, radiating up the arm. More likely you have carpal tunnel syndrome, a painful progressive condition caused by compression of a key nerve in the wrist.

The dominant hand is usually affected first and produces the most severe pain. Persons with diabetes or other metabolic disorders that directly affect the body's nerves and make them more susceptible to compression are also at high risk. Carpal tunnel syndrome usually occurs only in adults.

The risk of developing carpal tunnel syndrome is not confined to people in a single industry or job, but is especially common in that performing assembly line work - manufacturing, sewing, finishing, cleaning, and meat, poultry, or fish packing.

Prevention:

There are no proven strategies to prevent carpal tunnel syndrome, but to protect your hands from a variety of ailments, take the following precautions:

- ❖ Reduce your force and relax the grip
- ❖ Keep your arm, hand, and finger muscles strong and flexible.
- ❖ Stop any activity that you think may be causing finger, hand, or wrist numbness or pain. .
- ❖ Switch hands and change positions often when you are doing repeated motions. Take breaks and rest your hands.
- ❖ Do exercises to flex and stretch your hands and wrists before work.
- ❖ Use correct sitting posture
- ❖ Restrict your salt intake if you tend to retain fluid.
- ❖ Wear a wrist splint to keep your wrist in a neutral position and reduce the stress on your fingers, hand, or wrist at times when you cannot control your wrist motion, such as while sleeping.

Yoga Stretching:

A. Extend and stretch both the wrist straight hold it and then relax the wrist and bend them forward



B Same stretched position of wrist now moves it on both sides.

