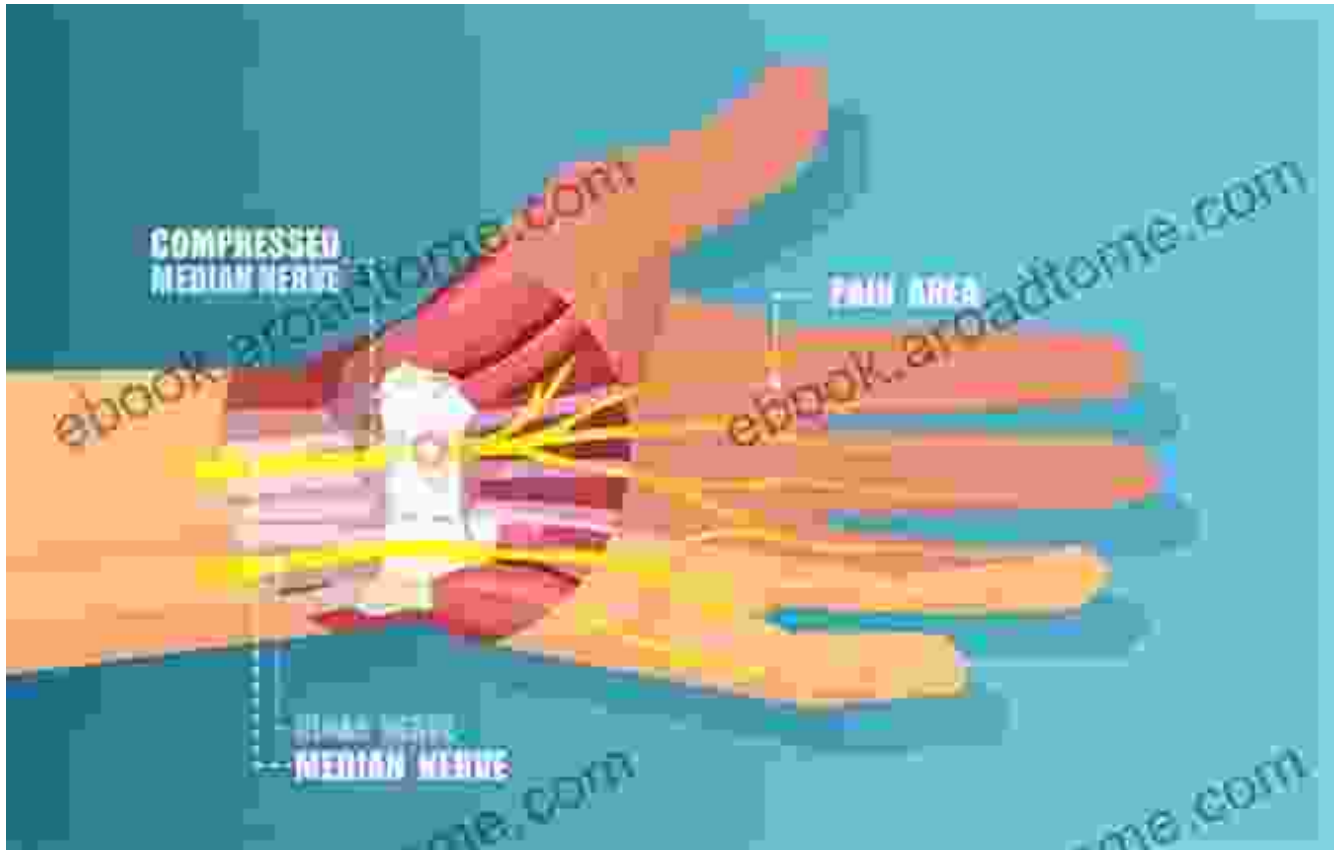


# Treat Your Own Carpal Tunnel Syndrome At Home



Carpal tunnel syndrome is a common condition that affects the hands and wrists. It occurs when the median nerve, which runs through the carpal tunnel in the wrist, becomes compressed. This can cause pain, numbness, and tingling in the hands and fingers. In severe cases, carpal tunnel syndrome can lead to weakness and loss of function in the hands.

## Treat Your Own Carpal Tunnel Syndrome At Home

★★★★★ 5 out of 5

Language : English

File size : 6502 KB

Text-to-Speech : Enabled

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Print length : 47 pages  
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While surgery is often the recommended treatment for carpal tunnel syndrome, there are a number of effective at-home treatments that can help to relieve symptoms and improve function. These treatments include:

- Exercises
- Stretches
- Therapies
- Lifestyle changes

## Exercises

Exercises can help to strengthen the muscles around the wrist and forearm, which can help to reduce pressure on the median nerve. Some exercises that may be helpful for carpal tunnel syndrome include:

- **Wrist flexor stretch:** Hold your arm out in front of you with your palm facing down. Bend your wrist up towards your body and hold for 30 seconds. Repeat 10 times.
- **Wrist extensor stretch:** Hold your arm out in front of you with your palm facing up. Bend your wrist back towards your body and hold for 30

seconds. Repeat 10 times.

- Radial deviation stretch: Hold your arm out to the side with your elbow bent at 90 degrees. Turn your palm up and hold for 30 seconds. Repeat 10 times.
- Ulnar deviation stretch: Hold your arm out to the side with your elbow bent at 90 degrees. Turn your palm down and hold for 30 seconds. Repeat 10 times.
- Carpal tunnel stretch: Hold your hands together in front of you with your palms facing each other. Press your palms together and hold for 30 seconds. Repeat 10 times.

## **Stretches**

Stretching can help to improve flexibility in the wrist and forearm, which can also help to reduce pressure on the median nerve. Some stretches that may be helpful for carpal tunnel syndrome include:

- Wrist flexor stretch: Hold your arm out in front of you with your palm facing down. Bend your wrist up towards your body and hold for 30 seconds. Repeat 10 times.
- Wrist extensor stretch: Hold your arm out in front of you with your palm facing up. Bend your wrist back towards your body and hold for 30 seconds. Repeat 10 times.
- Radial deviation stretch: Hold your arm out to the side with your elbow bent at 90 degrees. Turn your palm up and hold for 30 seconds. Repeat 10 times.

- Ulnar deviation stretch: Hold your arm out to the side with your elbow bent at 90 degrees. Turn your palm down and hold for 30 seconds. Repeat 10 times.
- Carpal tunnel stretch: Hold your hands together in front of you with your palms facing each other. Press your palms together and hold for 30 seconds. Repeat 10 times.

## **Therapies**

There are a number of therapies that can help to relieve pain and improve function in people with carpal tunnel syndrome. These therapies include:

- Acupuncture
- Massage therapy
- Ultrasound therapy
- Electrical stimulation therapy

## **Lifestyle Changes**

There are a number of lifestyle changes that can help to reduce the risk of developing carpal tunnel syndrome or to improve symptoms in people who already have the condition. These changes include:

- Avoiding repetitive hand movements
- Taking breaks from activities that aggravate symptoms
- Using ergonomic tools and equipment
- Maintaining a healthy weight

- Getting regular exercise

If you are experiencing symptoms of carpal tunnel syndrome, it is important to see a doctor to get a diagnosis and to discuss treatment options. While surgery is often the recommended treatment for carpal tunnel syndrome, there are a number of effective at-home treatments that can help to relieve symptoms and improve function.



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