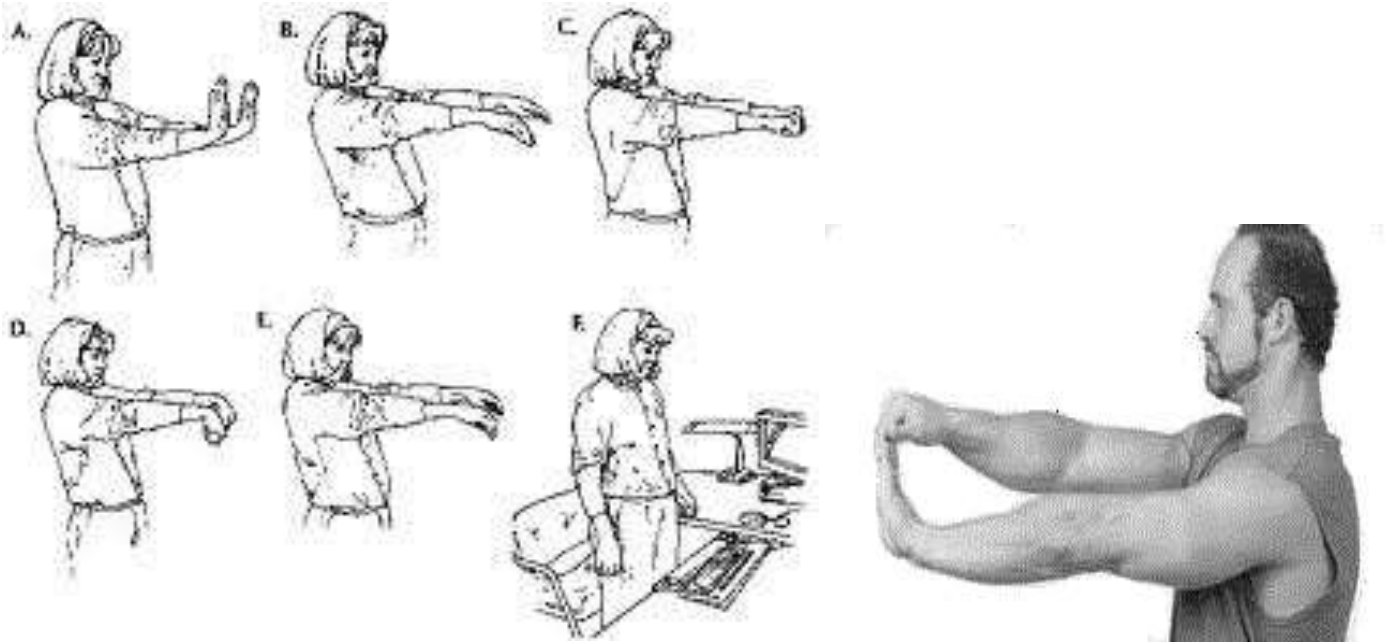


Carpal Tunnel Syndrome Self Treatment

You may first notice periodic numbness tingling or numbness in your hands or fingers. Over time these symptoms typically grow stronger and more frequent. It can sometimes radiate up your arm to your shoulder. Symptoms are often worse at night or while resting. You may lose hand strength and find it difficult to pick up or grasp an object. Carpal tunnel is most often caused by repetitive motion of the hand and wrist, such as typing, holding tools or a steering wheel. Women are affected more often than men.

Treatment includes stopping the activity that is causing the problem. If this is not an option, there are some things you can do to prevent further damage:

- Keep your wrists straight when performing repetitive activities.
- Avoid prolonged periods of repetitive movement.
- Decrease the speed and force of the repetitive activity.
- Use the stronger muscles of your arms and shoulders to reduce the stress on your wrists.
- Massage the palm and back of your hand often during the day. Shake your hands if your hand stiffens.
- Perform hand and wrist exercises to keep muscles toned and flexible.



You may require a wrist splint to wear at night to keep your wrists from bending. This can also be worn during the day if able.



Non-steroidal anti-inflammatory agents can decrease inflammation of the tendons and carpal tunnel. Unresponsive symptoms may require an injection, and uncontrolled symptoms may require surgery.