

Title:

Carpal Tunnel Syndrome - Do You Have It?

Word Count:

595

Summary:

Carpal tunnel syndrome reached epidemic proportions in the 90's and has now achieved a status

With so much attention and hype the past 10-years concerning carpal tunnel syndrome in the wor

Keywords:

carpal tunnel syndrome, repetitive strain injury, muscle imbalance, health, medicine, therapy, ergonom

Article Body:

Carpal tunnel syndrome reached epidemic proportions in the 90's and has now achieved a status

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In order to provide a more clear picture of what carpal tunnel is, why and how it develops and

What is the Carpal Tunnel?

The carpal tunnel is a passageway in which the nine flexor tendons, median nerve, arteries, bl

The carpal bones line the carpal tunnel on the posterior surface (backside) of the wrist with

How Does Carpal Tunnel Syndrome Develop?

Because the finger and wrist muscles are constantly overused in one-way movement patterns, (Gr

What are the Symptoms of Carpal Tunnel Syndrome?

- Tingling
- Numbness
- Paresthesia (Pins & needles)
- Loss of grip-strength / coordination

Sensations involving tightness, discomfort, stiffness and pain on the front side of the hand a

The only true telltale signs of carpal tunnel syndrome that you need to be aware of affect the

If you have symptoms in your entire ring and/or little finger and your doctor tells you that y

How Are the Symptoms of Carpal Tunnel Syndrome Eliminated?

Carpal tunnel syndrome can quickly and easily be eliminated by performing a good stretch and e

Staying Symptom-Free:

Knowing why carpal tunnel syndrome develops and what to look for is the key to keeping your ha

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