Title:
Carpal Tunnel Syndrome - Symptoms, Tests & Treatments

Word Count:
892

Summary:
Carpal tunnel syndrome (CTS) is a devastating injury that affects more than 8 million people i

Carpal tunnel syndrome is one of many repetitive strain injuries (RSI´s) that are everywhere;

Keywords:
carpal tunnel syndrome,repetitive strain injury, medical,health,medicine,therapy,ergonomics,ct

Article Body:
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Carpal tunnel syndrome is one of many repetitive strain injuries (RSI´s) that are everywhere;

Carpal tunnel syndrome is a disorder affecting the median nerve, which supplies function to th

If a doctor provides a carpal tunnel diagnoses and the symptoms are in the ring and little fin

If symptoms of carpal tunnel syndrome do arise, doctors will recommend that a nerve conduction

The recommended manual carpal tunnel tests consist of the following:

· Phalen´s Test: The wrist is flexed for 30 to 60 seconds in order to compress the median nerv

· Reverse Phalen´s Test: The wrist is extended for 30 to 60 seconds in order to stretch the me

· Tinnel Sign: Tapping directly over the median nerve at the wrist junction will cause carpal

· Compression Test: Direct pressure is applied over the location of the median nerve for 30-60

If a positive diagnosis comes back, most doctors will push for surgery, a procedure that has a

· Ergonomics: Utilize proper ergonomic tools and equipment when working.

· Breaks: Take short breaks every 30 minutes when working in order to help reduce excessive st

· Stretches: Stretch the muscles that `close´ the hands as these are the muscles that are exer

· Exercises: Exercise and strengthen the muscles that are used to `open´ the hands, as these m

The information provided above reveals how carpal tunnel syndrome occurs, what its symptoms ar

It is very important for individuals to become well acquainted with the proper information and