

Title:

Carpal Tunnel Syndrome: An Overview

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753

Summary:

What is Carpal Tunnel Syndrome?

There are 8 bones in our wrists called carpals. They form a tunnel like structure. That is how

Carpal tunnel syndrome is a painful and progressive condition that occurs in the wrist. It is

Keywords:

Article Body:

What is Carpal Tunnel Syndrome?

There are 8 bones in our wrists called carpals. They form a tunnel like structure. That is how

Carpal tunnel syndrome is a painful and progressive condition that occurs in the wrist. It is

1 out of every 100 people is affected by carpal tunnel syndrome at some point in their life. I

What Causes Carpal Tunnel Syndrome?

Though there are various possibilities behind the cause of carpal tunnel syndrome, the basic o

Congenital predisposition is also a cause of carpal tunnel disorder. In a majority of cases th

The syndrome can develop quickly, if the wrist has been fractured or injured. Rheumatoid Arthr

In some cases repetitive stress induced carpal tunnel strain causes this syndrome. If a person

Repetitive wrist and hand action results in the injury and swelling of the subcutaneous tissue

Carpal tunnel syndrome can also be caused due to some trauma based incidents. These causes inc

Symptoms of Carpal Tunnel Syndrome

The early symptoms include tingling, numbness and burning in the thumb and the index and middl

In the worst cases of carpal tunnel syndrome, the patients are unable to differentiate between

Who is at Risk?

People who are involved in assembly line work are at the maximum risk of developing carpal tun

Video games

Computer keyboard typing or typewriter typing

Musical instruments

Driving a vehicle

Surgeons and Dentists

People involved in exhaustive activity of hands like drilling, digging.

Treatment Available.

Avoiding repetitive and exhaustive activities related to hand movement, is the first instruction.
Stretching exercises also helps in treating the syndrome as exercising helps in maintaining blood flow.
Medicines like corticosteroid and prescription based NSAID's can help in relieving the syndrome.
You should consult your doctor immediately if you feel you may be suffering with Carpal Tunnel Syndrome.

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