

Title:

Carpal Tunnel Syndrome: Life After The Internet

Word Count:

615

Summary:

This article is about carpal tunnel syndrome. With the recent boom in technology, people have b

Keywords:

chronic pain, surgery

Article Body:

Now that we're in the information technology age, everything we need is within reach. And this

Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) has been present even before computers were created, contra

The carpal tunnel is a hollow tunnel formed by the carpal bones and the surrounding tiss

Carpal tunnel syndrome is said to be caused by a lot of factors: work, health conditions

- o Work. Although still unproven, a lot of CTS cases were provoked by repetitive gras
- o Health conditions. Physical health conditions such as rheumatoid arthritis, and c
- o Trauma. Accidents such as fractures of one of the arm bones, or dislocation of on
- o Idiopathic reasons. The compression is of an unknown source.

Treatment

Of course, consulting a physician should always be the first step to take when dealing w

Some people with mild symptoms of carpal tunnel syndrome are able to relieve themselves

- o Wrist splint. This holds your wrist still while you sleep. This relieves the nig
- o Medications. Doctors usually prescribe either non-steroidal anti-inflammatory dru
- o Surgery. This is advised only when the nerve impairment persists after using non-

It is understandable that now that we're in the computer age where everything is accessible th

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