

Title:

Carpal Tunnel Syndrome ~ A Pinching Pain For Your Wrists

Word Count:

440

Summary:

Carpel Tunnel Syndrome is a very common problem affecting your hands and wrists. Many believe

Keywords:

Carpal Tunnel Syndrome home remedies, wrists problems, Steps to cure Carpal Tunnel Syndrome

Article Body:

Carpel Tunnel Syndrome is a very common problem affecting your hands and wrists. Many believe

Carpal tunnel lies in the wrist and the very important nerve called the median nerve is also p

Anyone can be affected by this syndrome. Age is not a barrier. It is being noted that women ar

Reasons for Carpel Tunnel Syndrome

- Rheumatoid Arthritis
- Pregnancy
- Osteoarthritis
- Diabetes
- Amyloidosis
- Hypothyroidism
- Tumors and similar conditions
- Fluid retention
- Swelling or inflammation of the tendons

Some of the things which you can do to avoid carpal tunnel syndrome

- Regular exercise for your wrists and hand
- Avoiding too much stress on your hands and wrists
- Follow a proper posture while sitting on your computer
- Usage of acupuncture or osteopathy
- Get your arms, wrists massaged
- Avoid pressures on your wrists. Use your elbows and shoulders instead
- Take short breaks during work
- Warm up before you start your work
- Avoid sleeping on your hands
- If you are a regular user of the computer you can set your keyboard in a flat position rather
- Do not rest your wrists on the keyboard
- Try using a mouse pad and avoid resting it on the desk
- Type softly
- Sleep in an upright position to avoid pressure on your nerves
- Don't tie the hand bandage very tightly

Some simple remedies for Carpel Tunnel Syndrome

- You can apply ice pack for relieve
- Usage of acupuncture or osteopathy
- Get your arms, wrists massaged

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