



## **Carpal Tunnel Syndrome**

Carpal Tunnel Chiropractic Treatments are one of the best long-term solutions to a very common problem that is often triggered by excessive typing and other repetitive motions, including video gaming, carpentry, and repetitive weight lifting. Carpal Tunnel Syndrome is the result of the median nerve near the wrist being inflamed or pinched.

Before you begin any form of Carpal Tunnel chiropractic treatment, there are a few things that you need to keep in mind. General chiropractic practitioners may not yield the results that you are looking for. Because of this, it is strongly recommended that you enlist the aid of Carpal Tunnel chiropractors specialized in the treatment of this ailment. While a standard chiropractor may be able to offer some relief, specialized Carpal Tunnel chiropractors have a great deal more experience at creating long-term treatment programs designed to help alleviate the pain and numbness that is often associated with this ailment.

When working with chiropractors, it is important that you follow the plan set out for you by your practitioner. Carpal Tunnel chiropractic treatments are two-fold.

- First, the base problem needs to be resolved so symptoms are cured.

- Second, preventative measures need to be taken in order to prevent symptoms from reoccurring. Once Carpal Tunnel begins, it is very difficult to get rid of it in normal circumstances, especially if the problem isn't dealt with as soon as symptoms begin.

Carpal Tunnel chiropractic treatment begins with a physical examination in order to determine how advanced the injuries to the hand and wrist are. While physicians can prescribe certain medications or perform injections in order to treat the pain and swelling associated with CTS, it does not resolve the base problem. Surgery may be recommended in rare cases, but this can leave scars on the ligament and does not prevent CTS from happening again in the future. Carpal Tunnel chiropractors specialize in long-term cures for this syndrome rather than temporary fixes.

When you begin Carpal Tunnel chiropractic treatments, there are a few things that you can expect. When you are not with your Carpal Tunnel chiropractors, you will be expected to do exercises that are designed to help treat the base problem and strengthen your grip and wrist. Depending on the severity of your case of CTS, you may be expected to wear a brace whenever typing or working to give the ligaments a chance to heal. It is vital that you do not skip at-home regimes, as these activities play a significant role in the curing and prevention of CTS.

Call Rasmussen Chiropractic Center for Wellness for additional information  
and to set up an appointment today!  
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