

Chiropractic Treatment of Carpal Tunnel Syndrome

Carpal Tunnel Syndrome is a condition marked by a tingling or numbness sensation in the area of the wrist and hand. It is found in people who perform repetitive daily tasks with the fingers or hands, such as computer operators, cashiers or assembly line workers. The problem is sparked along the median nerve which runs from the fingertips, up the arm, through the shoulder and neck, and all the way to the spinal cord. Because the spinal cord and upper back area has this connection to the hand and wrist area, a chiropractor may be able to alleviate the symptoms of Carpal Tunnel Syndrome. Have a question? Get an answer from our doctor now!

Convenience

Successful chiropractic procedures may eliminate the need to take the surgery or medical drug route. In the end, this could save the patient time, money and further pain.

Bone Adjustment

Through bones in the back of the lower neck, the median nerve that is responsible for causing Carpal Tunnel Syndrome is connected to the spinal cord. If any of these particular bones change position or lose normal movement, the symptoms of Carpal Tunnel can be felt all the way down to the wrist and fingers. A chiropractor can analyze the neck area and make slight adjustments to the bones to lessen any unwanted pressure on, or damage to, the median nerve. Since the nerve travels along the arm and shoulders, a chiropractor may recognize the need to adjust these areas as well.

Nutritional Supplements

A chiropractor may suggest taking some nutritional supplements, such as colloidal minerals, to aid in relieving the effects of Carpal Tunnel Syndrome. Some chiropractors believe in the importance of absorbing minerals into the body in order to make up for nutrients that the body is lacking to maintain good health. Colloidal minerals are extremely absorbent and are taken in a liquid form.

Wrist Traction

A chiropractor sometimes uses a high-tech unit that creates traction in order help heal Carpal Tunnel Syndrome. The patient's arm is attached to a machine that pulls at regular intervals to help relieve pressure at the wrist.

Other Suggestions

A chiropractor can also suggest and explain the need for some other ways to deal with Carpal Tunnel Syndrome. There are a series of hand and wrist exercises (such as Cats Paw exercises) that a chiropractor can teach the patient to perform daily to keep the hand muscles stretched and strengthened. A chiropractor may also advise the use of arm splints to allow the median nerve and wrist area to heal by not bending or creating undue stress upon the area.