



TIP OF THE MONTH

Finding Relief From Carpal Tunnel Pain

How can you tell if you have carpal tunnel pain?

Well, it feels like a numbness, tingling, or a dull sensation in the thumb, index, and middle fingers. Symptoms may include pain during pinching and gripping, or a feeling of clumsiness, the inability to hold things, and numbness in the fingers at night. If it continues untreated, pain can radiate up the arm.

If you are experiencing symptoms of carpal tunnel don't wait and expect it to go away on its own. Carpal Tunnel Syndrome is for the most part due to overuse. We're going to take a quick look at things you can do at home for immediate relief, as well as long-term fixes that will help your wrist heal.

Quick Fixes At Home:

If you have carpal tunnel pain, and need some immediate relief, we recommend doing these two things:

- Ice it:** Use an ice pack on the palm and wrist area for 10 minutes after hand-intensive activities. Follow this with a few [wrist stretches](#).
- Rest it:** Rest your hands after frequent, forceful, or repetitive activities that last 30 – 60 minutes.

Non-Surgical Fixes for Carpal Tunnel Relief:

Because Carpal Tunnel is an overuse injury, you'll want to identify what activity is causing your pain. Are you working at a desk that isn't set up ergonomically? If you drive a lot, are the vibrations from your steering wheel causing you pain? Here are some ways you can mitigate carpal tunnel pain.

- Use an Ergonomic Workstation:** Workers that stay stationary, sitting and standing, typically use their hands and wrists consistently to type, use machinery, etc. each day. It's important to create an [ergonomic workstation](#) so that your wrist remains in a straight, neutral position rather than bent for most of the day. This will reduce the pressure on your median nerve and can reduce pain levels.
- Make an appointment with a Physical/Occupational Therapist:** We can help you determine what's causing your carpal tunnel to inflame and help you find relief before it gets to the point of needing surgery. Patients are typically given median and nerve gliding exercises to perform and modified duties if necessary. Modalities like [dry needling](#) can also help reduce inflammation and relieve pressure on the median nerve.
- Custom Orthotics:** Occupational and hand therapists are uniquely qualified to create [custom splints](#) that hold the wrist in a neutral position, giving your body time rest and recover.

If you are experiencing pain in the wrist or other overuse injuries, we can work to identify the movements contributing to your pain, and help modify them before an injury occurs or the pain becomes chronic.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Don't sit down and wait for the opportunities to come. Get up and make them.” — Madam C.J. Walker

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Red Beans and Rice

This is a great meal to enjoy before the weather gets too hot!



INGREDIENTS:

- 1lb of dry red beans
- 1/2 of a beef sausage link sliced (optional)
- 6 cups of water
- 1 yellow onion quartered
- 4 cloves of garlic crushed
- 1 bay leaf
- 1/2 tsp of dried thyme
- Salt & pepper to taste
- Cooked white rice

DIRECTIONS:

1. Soak your beans overnight in the fridge
2. Drain the beans, rinse, and put into a large pot
3. Add all ingredients except for the salt, pepper, and rice, and bring to a boil
4. Once boiling lower to a simmer, cover, and stir every 30 minutes and recovering
5. The beans are done when they are soft. Start checking at the 1 hour mark, it may take up to 2 to completely soften
6. Salt and pepper to taste and serve in a bowl with rice.

