



TIP OF THE MONTH

Managing Carpal Tunnel without Surgery

Carpal tunnel syndrome (CTS) is a pain – literally. If you're experiencing carpal tunnel syndrome, you may feel pain in the wrist that can radiate up the arm into your elbow, or numbness in the fingers at night. CTS can be caused by [multiple factors](#), including overuse and poor ergonomics.

Left untreated, CTS will worsen over time. The goal of rehabilitation is to mitigate pressure on the nerve and relieve symptoms before surgery becomes the only option.

Our therapists work with patients to alleviate pain by:

- Providing an [ergonomic evaluation of your workstation](#) to reduce positional and repetitive motion strain.
- Recommending the use of an over-the-counter or [custom-fabricated splint](#) that holds the wrist in a slightly extended position to reduce the strain on the median nerve.
- Prescribing [stretches and exercises](#) to be performed daily once the internal inflammation has decreased.

What Happens If I Do Need Surgery?

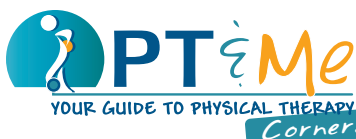
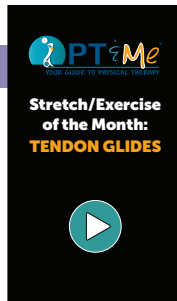
After surgery, rehabilitation programs focus on reducing inflammation at the wrist to allow the tissues to heal. Once the carpal tunnel ligament is released during surgery, it needs to be allowed to scar across the top of the tunnel, but not to scar onto the tendons and nerve. The therapist will recommend light gliding techniques to ensure the structures glide beneath the scar tissue and do not become captured in it.

If you're experiencing wrist or elbow pain, let us know. We can schedule an evaluation to work with you to develop the best course of action to keep your wrists pain-free!

EXERCISE OF THE MONTH

Tendon Gliding Exercises

Tendon glides promote smooth movement of the tendons through the carpal tunnel. This helps [improve mobility and blood flow in the wrist](#), helping to relieve pain.



ICE VS. HEAT
WHAT TO DO
WHEN YOU'RE
IN PAIN

Featured Article: [Ice vs. Heat: What to Do When in Pain](#)

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



“You are never too old to set another goal or to dream another dream.”

— C.S. Lewis

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

Broccoli & Cheese Casserole

This recipe is a classic side dish made with a creamy homemade cheese sauce, rice, and broccoli florets. Great for Meatless Mondays!



INGREDIENTS:

- 1 lb. frozen broccoli florets
- 4 cups cooked rice
- 2 cups cheddar cheese
- 1 yellow onion
- 2 garlic cloves
- 3 Tbsp butter
- 2.5 Tbsp all-purpose flour
- 2 cups whole milk
- Salt, pepper, garlic powder, paprika, and cayenne pepper to taste

DIRECTIONS:

1. Preheat the oven to 350°
2. Put the cooked rice and 1.5 cups of shredded cheese in a large casserole dish
3. Pulse the broccoli in a food processor until the pieces are bite-sized, and add to the dish.
4. Puree the onion and garlic together
5. In a saucepan, melt the butter, and then add the onion and garlic mixture and cook for 2 minutes
6. Whisk in the flour until fully combined
7. Slowly add the milk to the pan and let it simmer, but not boil.
8. Add your seasonings to taste, and pour the sauce and stir thoroughly into the casserole dish
9. Top the dish with the remaining cheddar, bake for 35 minutes, and enjoy!