

Carpal Tunnel Syndrome



ALCHEMY
IN MOTION

Causes

CTS occurs when there is pressure on the median nerve which travels through the carpal tunnel on the underside of the wrist

Pregnancy CTS occurs due to an increased amount of fluid which increases pressure within joints

Postnatal CTS occurs due to repeated and prolonged flexion of the wrist during breastfeeding, lifting and carrying baby

Physiotherapy Treatment

- Effleurage massage - to assist in moving fluid
- Lymphatic drainage - to stimulate the lymphatic system to drain the affected side
- Compression - controls fluid build up & provides support
- Splinting / bracing - keeps the wrist in a neutral position - preventing prolonged flexion
- Hot / Cold therapy - can assist in the removal of fluid and act as an anti-inflammatory
- Ergonomic alteration - especially during lifting, carrying, breastfeeding

Symptoms

In most instances women present with:

- Pain, tingling, pins & needles in hand and fingers
- Shaking hand relieves symptoms
- Typically worse in morning or during the night
- Symptoms can be movement dependent e.g flares with lifting, carrying, breastfeeding

Other Treatment Options

- Anti-inflammatory medications - consult your doctor or pharmacist for advice
- Corticosteroid injections - reduces local inflammation and pain
- Therapeutic ultrasound - can reduce pain and swelling
- Surgery - releases & opens up the carpal tunnel

References: See website

Who to see



Zoe Mills



Ocean Kabikwa



Alice Mackenzie