

Carpal Tunnel Syndrome - Prevention, Symptoms, Treatment

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What is Carpal Tunnel Syndrome?

Carpal tunnel syndrome is a painful condition affecting the hand and wrist. The carpal tunnel is a narrow passageway made up of bones and ligaments at the base of your hand. This tunnel contains the median nerve and tendons of the thumb and fingers.



The tendons connect your muscles to your bones while the median nerve provides sensation and feeling to the fingers and hand.

Only the fingers served by the median nerve - the thumb, the index and middle fingers, and part of the ring finger are affected by carpal tunnel syndrome. The median nerve carries signals from the brain to control the feeling and action of the fingers and hand.

It allows you to feel temperature, pain, numbness, tingling, clumsiness and controls [Sweating](#) of the hand.

When ligaments and tendons in the carpal tunnel become swollen and inflamed, they squeeze against the median nerve. This type of pressure on the nerve can injure the hand causing pain or numbness.

Sometimes carpal tunnel syndrome can even be triggered by your job and people with this condition often experience difficulty performing simple functions such as fastening buttons, turning keys or unscrewing bottle tops.

Diagnosing Carpal Tunnel Syndrome

The diagnosis of carpal tunnel syndrome is based on a physical examination as well as the symptoms presented. The doctor may also discuss the patient's occupation and address the risks that may contribute to carpal tunnel syndrome as well as available carpal tunnel treatments.

Tests for Carpal Tunnel Syndrome

Certain tests may also be performed to confirm the diagnosis and these include the



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Tinel, Phalen and electromyography tests.

The Tinel Test involves the doctor tapping the median nerve at the wrist and is said to be 'positive' if a tingling sensation is felt.

The Phalen Test involves the patient placing the backs of the hands together and bending the wrists for one minute to see if this causes any symptoms. The electromyography tests the nerves and muscles using electrical stimuli and can help to confirm the diagnosis.

Carpal tunnel syndrome is most common in women, and while it may develop at any age, it does seem to increase with age. People in their 40s and 50s are more likely to be affected.

Symptoms of Carpal Tunnel Syndrome

Carpal tunnel syndrome symptoms usually start gradually and include aching, tingling, "pins and needles", a swollen feeling, burning, numbness or pain in the hand and fingers. These symptoms may spread up your arm and tend to be worse at night or first thing in the morning. It can affect one or both hands, and occasionally even the arm and shoulder.

Initially symptoms may be mild or occur occasionally. As the symptoms become worse, numbness and loss of manual dexterity occurs. Weakness in the hand occurs making it increasingly difficult to grasp objects.

In extremely severe cases, the thumb muscles may waste away or the median nerve may be permanently damaged. Temporary relief may be felt by hanging your arm out of the bed, shaking or massaging the hand.

What Causes Carpal Tunnel Syndrome?

The cause of carpal tunnel syndrome is unknown. However, any condition that exerts pressure on the median nerve at the wrist can cause carpal tunnel syndrome. Carpal tunnel syndrome symptoms may also result from doing the same hand movements repeatedly.

This condition affects people who have occupations such as carpenters, assembly-line workers, musicians, mechanics, hairdressers, cashiers or grocery checkers. People who use vibrating tools are particularly at risk. Baking, gardening, golfing, needlework, knitting or canoeing are extramural activities that may also lead to carpal tunnel syndrome.

Causes of Carpal Tunnel Syndrome

- An injury to the wrist, such as a fracture or sprain.
- Diabetes
- Arthritis
- Hypothyroidism
- Gout
- Amyloidosis
- Tumors and Cysts
- Pregnancy
- Use of Oral Contraceptives
- Menopause



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Help for Carpal Tunnel Syndrome

If carpal tunnel syndrome is brought about as a result of an underlying disease, it is best to treat the problem first. Mild symptoms may be treated with medications such as pain relievers and anti-inflammatory drugs, a cortisone shot, rest and a splint.

The splint will reduce the pain and helps to keep your hand from moving, but at the same time allows your hand to still perform most of its core functions.

Applying ice packs to the wrist, massaging the area, acupuncture and doing stretching exercises may also help. In cases where carpal tunnel syndrome symptoms are severe, surgery may be necessary but this should be your very last option.

Natural Remedies for Carpal Tunnel Syndrome

Natural and holistic carpal tunnel treatments can also provide relief for the carpal tunnel syndrome symptoms. Using treatments such as homeopathic and [Herbal Remedies](#) is a gentler way of improving overall health and wellbeing.

Several [Herbs](#) can reduce the inflammation associated with carpal tunnel syndrome symptoms and act as anti-inflammatory agents such as the flowering tops of St.John's Wort when applied as a cream, Meadowsweet leaves, [White Willow Bark](#) and [Turmeric](#). [Ginkgo Biloba](#) and Rosmarinus officinale ([Rosemary](#)) dilate and strengthen blood vessels and increase peripheral and cerebral [Circulation](#) – helping to restore the functioning of the circulatory system and improving peripheral blood flow to the extremities as well as [Circulation](#) to the brain.

Carpal tunnel treatments many times include Zingiber officinalis, more commonly known as [Ginger](#). [Ginger](#) has strong anti-inflammatory and pain relieving properties and is often used to treat joint pain.

Tips for the Prevention of Carpal Tunnel Syndrome

- Take regular breaks from repeated hand movements to give your hands and wrists time to rest.
- Try not to bend, extend or twist your hands if you are repeating the same tasks with your hands.
- Avoid working with your arms too close or too far from your body.
- Switch hands during work tasks.
- Do not rest your wrists on hard surfaces for long periods.
- Increase your intake of Vitamin [B6](#) to ease the painful, numbing and tingling sensations.
- Eat a healthy diet that includes whole grains, seeds, nuts and vegetables.
- If you are overweight, [Lose Weight](#) in a healthy manner.

Related Products

- [Circu-Live](#) - For circulatory and nervous system health, keeps healthy toes and fingers comfortably tingle free
- [JointEase Plus](#) - Promotes joint and muscular-skeletal system health
- [Bone-Protec](#) - Superior formula designed to promote healthy bones and joints by providing essential bone [Minerals](#) combined with specialist phytonutrients for maximum bioavailability.
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Natural Help for Pain Management

Joint Pain, Arthritis and Gout, Headaches & Migraines, Sciatica, and Fibromyalgia

Joint Pain, Arthritis and Gout

An herbal pain remedy can be a safe, effective way of treating pain in your back, joints, legs, etc. without the potential side effects of prescription medications.

With all of the recent controversy surrounding pharmaceutical drugs, including the recall of Vioxx, more and more **people are looking towards herbal remedies** for joint pain.

From treating the symptoms of arthritis to easing your back from overactivity, herbal pain remedies may just be the answer for you.

What is the best herb for treating joint pain?

Although there are a variety of herbal remedies for joint pain and other afflictions, **one of the most researched herbs is Harpagophytum Procumbens**, also known as Devil's Claw because of the shape of its fruit.

Harpagophytum is native to the Kalahari Desert in South Africa, and **natives have used it for centuries to treat aches and pains** throughout the body.

In addition to being a **powerful herbal pain remedy**, Devil's Claw has been shown to have a number of other health benefits, including lowering cholesterol levels and reducing uric acid.

It is used worldwide as an herbal remedy for joint pain, hypertension, diabetes and gout, and has **strong anti-inflammatory properties**.

As such it can **significantly reduce back pain** and symptoms of rheumatoid arthritis and osteoarthritis, among other health problems.

We have discovered a natural treatment for joint and arthritis pain that we have had tremendous

success with.

This herbal supplement is called [Joint Ease](#) and it contains **pure Harpagophytum Procumbens (Devil's Claw)** which can help relieve joint and back pain, treat the symptoms of arthritis, as well as provide general health benefits.

This breakthrough [herbal arthritis pain remedy](#) can provide **safe, effective pain relief** without the potential side effects and complications of prescription drugs.

For gout pain, Gout-Gone is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* to **relieve gout symptoms, including swelling, inflammation and burning pain** in small joints, especially the big toe.

Gout-Gone helps to **support joint health** and keep uric acid levels in the healthy range, without harmful side effects. This remedy contains a selection of homeopathic ingredients known to **address discomfort associated with gout**.

Gout-Gone is taken internally and presented in a convenient, concentrated tincture formula. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. It is *safe for all ages, including pregnant women or those who may be breastfeeding*.

Headaches & Migraines

Headache natural treatments can help alleviate the symptoms associated with mild headaches as well as migraines and tension headaches.

Many people look to **natural alternatives for headache relief** to avoid the potential side effects of prescription medications such as Fiorcet, Imitrex and Relpax.

Natural Headache Cure

There are many different types of headaches, the most common of which is the tension headache. This is characterized by **muscle contractions which pinch nerves or blood vessels** in the head, and can be brought on by stress, eyestrain or teeth grinding.

Vascular headaches, such as migraines, are **caused by the constriction and dilation of the blood vessels** in your head.

Migraines can be triggered by a variety of factors, including **excessive caffeine, certain foods, emotional swings, sexual activity, exercise and hormonal imbalances**, among others.

Natural treatments can help ease the pain by tempering muscle and blood vessel constriction as well as **treating the causes and symptoms** of the various types of headaches.

Following are the best natural headache herbs:

Chamomile - one of the best natural sedatives, chamomile can relieve migraine and tension headaches, and can alleviate symptoms such as irritability and nervousness.

Dandelion Root - an important liver tonic, dandelion can cleanse the liver and help remove toxins which may be the root of headaches and other health conditions.

Ginkgo Biloba - one of the oldest herbal remedies, ginkgo has been shown to increase oxygen and blood flow to the brain. It can help dilate blood vessels therefore easing migraine and tension headache pain.

Gotu Kola - similar in action to ginkgo, gotu kola can help improve circulation in the brain and increase blood vessel strength.

Rosemary - used in many culinary dishes, rosemary has antioxidant capabilities and can increase your sense of wellness.

Yucca Root - also a treatment for arthritis pain, yucca can relieve high blood pressure and can relieve migraines and other types of headaches.

Other Headache Natural Treatments

5-HTP - derived from the seeds of an African plant, 5-HTP is helpful with all types of headaches and can ease anxiety, depression and sleep disorders.

SAMe - a naturally occurring substance in the body, SAMe is used for improving intellectual performance and can help relieve headache symptoms.

We have found a nutritional supplement that contains all of the [headache natural treatments](#) in one comprehensive formula.

The product is called [Neuro Natural Formula](#) and it is made up of **all natural herbal extracts, as well as important vitamins, minerals and nutrients** that can offer headache relief as well as provide many other therapeutic benefits.

We researched the company that makes [this natural product](#) and have found that they adhere to **strict GMP compliance**, which are the highest manufacturing standards in the world. This ensures the **quality and effectiveness** of the ingredients.

Sciatica Pain

The sciatic nerve is **the longest peripheral nerve in the body**, and runs from the lower back through the pelvis and buttock area, right down to the back of the lower leg. It is an extension of the lower end of the spinal cord and is made up of the lumbar and sacral nerve roots from the

spine.

The sciatic nerve runs out of the lower spine, behind the hip joint and down the back of the thigh. Its **function is to send signals from the brain to the muscles of your leg** and from the leg back to the brain – therefore **helping to regulate movement in the limbs**. Movement and feeling in the legs and feet are largely dependent on the sciatic nerve, which is very important to quality of life and maintaining normal mobility. Because it originates in the spinal cord, the health of the spinal cord and its vertebra plays a large role in the healthy functioning of the sciatic nerve.

SciatiGon is a 100% safe and effective natural remedy for supporting the health of the sciatic nerve, spine, and nervous system.

The formula remains true to the **Full Spectrum Approach**[™] (FSA) of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

By supporting the spine and the nervous system, including the sciatic nerve, **SciatiGon** can make all the difference.

Fibromyalgia

Fibromyalgia (FM) is a collection of signs and symptoms that can change from day to day. Fibromyalgia herbs may help treat the many symptoms associated with this mysterious and debilitating syndrome. Fibromyalgia affects millions of people, with a larger percentage of women being affected than men.

Fibromyalgia is a systemic condition which is characterized by a number of symptoms. The **cause of fibromyalgia is unknown**, and unfortunately it cannot be diagnosed until all other conditions are ruled out. Fibromyalgia symptoms include **severe muscle pain and soreness, fatigue and restless sleep and morning stiffness**.

Some other fibromyalgia symptoms are depression and anxiety, which could result from the pain and sleep deprivation associated with the condition.

Fibromyalgia can be severe, and it can take its toll anywhere on the body. It can also be an underlying cause of neck and **back pain**.

There are no known cures for **Fibromyalgia**, due to the fact that the cause is unknown. Theories suggest the condition **may be due to chemical or hormone imbalances**. However there are treatments that can help alleviate the various fibromyalgia symptoms. Besides pharmaceutical drugs, there are natural alternatives such as fibromyalgia herbs that may be safer

than prescription medications.

Learn more about natural ways to help heal your [Fibromyalgia](#) and end your cycle of pain.