

Carpal Tunnel Syndrome - Prevention, Symptoms, Treatment

Do you want to slow down your aging process? We can help provide the knowledge that you must have if you are serious about living a long, full and healthy life. [Click here to learn more...](#)

[Sign up for our](#) 
[Email Newsletter](#)
[& Receive a Free](#)
[Health Ebook!](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

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



[Elderberry Syrup](#)

Created for Planetary
Herbals by licensed
acupuncturist and clinical
herbal

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



[Mushroom Glyco Nutrients](#)
NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)
Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)
Germ Defense Lozenges are dietary supplements used to boost your immune sys

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.
- [Arthrit-Eze](#) - The most advanced formula on the market today. It offers potential



Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health](#)

[Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Avatrim - Natural Weight](#)

[Loss w/Green Tea](#)

[Melatrol Insomnia Relief](#)

[Breast Actives](#)

[Cellulite Solution](#)

[Cushy Lips Lip Plumper](#)

[Enlast Male Enhancement](#)

[Deer Antler Plus](#)

[Bowtrol Colon Cleanse](#)

[Eazol Natural Pain Relief](#)

[Herbal Health Buy](#)

[HGH Energizer](#)

[Hypercet for Blood Pressure](#)

[Menozac - Natural](#)

[Menopause Relief](#)

[NicoCure Stop Smoking Aid](#)

[Prostacet for Prostate Health](#)

[ReloraMax - Stress, Anxiety and Weight Loss](#)

[Thyromine for Thyroid Health](#)

[Venapro Hemorrhoids Treatment](#)

[ZetaClear Nal Fungus Relief](#)

[VirilityEx](#)

[Hair No More Removal Cream](#)

[Hoodia Diet Review](#)

[Acnezine Acne Treatment](#)

relief and rejuvenation for all forms of [Arthritis](#), safely, naturally and without side effects.

For **Guaranteed, Effective, 100% Natural [Herbal Remedies](#)** , please visit **[Native Remedies](#)**





For additional support and answers you need to improve your health, we have a qualified team of experts who personally supervise our popular **[Ask Our Experts](#)** service!

[Xtend-Life](#) - Micro-Nutriments - The elite of natural [Supplements](#). Love life, Live Longer!

[Mountain Rose Herbs](#) is where NHH recommends you purchase all of your bulk [Herbs](#), [Spices](#), [Teas](#) and single oils!

Are you looking for quality [Vitamins](#), diet aids and health [Supplements](#)? Visit the **[Health Supplement Shop](#)** - highly recommended by NHH!

- [Joint Advance](#)
- [Revitol Anti-Aging Skincare](#)
- [Mountain Rose Herbs](#)
- [Optimum Diabetics](#)
- [Natural Gain Plus](#)
- [Provillus Hair Loss Treatment](#)
- [BioSonics - Healing With Sound](#)
- [Natural Health Ebooks](#)
- [Native Remedies](#)
- [Natural Health Supplement Shop](#)
- [PetAlive Herbal Remedies](#)
- [Xtend-Life - Natural Health Products](#)

 <p>Nutra-Mune Nourish your defense system with Nutrapathics Nutra-Mune!</p>	 <p>Kidshield Immune Spray KidShield by Symbiotics has a delicious Tutti Frutti flavor children love.</p>	 <p>Family Defense Immune Spray Enhances immune activity. This immune balancing action is important for your family!</p>	 <p>Colostrum Plus Immune Symbiotics Multi-Nutrient Immune Formula provides extra support when your body is under stress.</p>
--	--	---	---

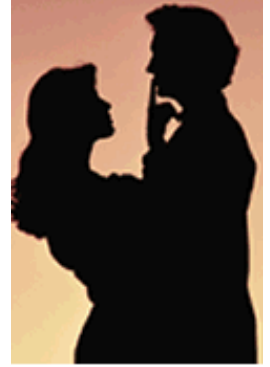


PetAlive.com
BY NATIVE REMEDIES...NATURALLY

Safe & Effective, Natural Remedies for your Pets

CLICK HERE

Special Message



Rediscover
Passion



Optimal
Wellness

- Anti-aging
- Scientifically Formulated
- ALL NATURAL
no side effects

XTEND-LIFE
Natural Products

[MORE INFO](#)