

Carpal Tunnel

AND THE CHIROPRACTIC LIFESTYLE

TAKE
FOR YOUR
FRIENDS AND FAMILY



A simple test can tell if the spine is involved.



Problems in the neck can cause pain, numbness, tingling, weakness, or a loss of strength in the hands.

H

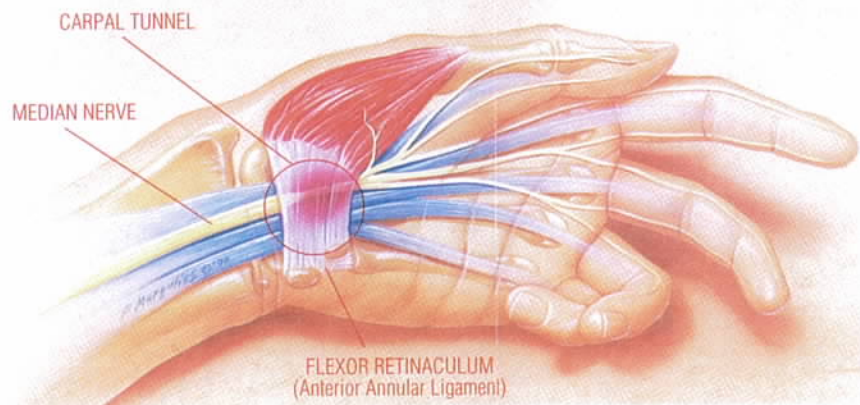
OW CHIROPRACTIC CARE MAY HELP.

The major nerve controlling the thumb, index, and parts of the middle, and ring finger is called the median nerve. From the tip of your fingers, it travels through the bones in your wrist, past your elbow, up your arm, through your shoulder and neck, and finally to your spinal cord. Problems can develop in one or more of these areas.

The carpal "tunnel" is formed by bones in the wrist. The median nerve, tendons, and blood vessels pass through this opening. If one or more of the bones forming this tunnel should collapse, inflammation, nerve pressure, and painful symptoms in the wrist area can result.

The median nerve connects to the spinal cord through openings between several bones in the lower neck. When these spinal bones lose their normal motion or position, they can cause problems in the fingers and wrist.

After a thorough examination, your chiropractic doctor will perform specific adjustments where needed to help normalize structure and reduce nerve irritation. When given time, conservative, chiropractic care has produced excellent results with carpal tunnel problems—without drugs or surgery.



Nerves that pass through the "carpal tunnel" exit the spine in the neck area.



Carpal tunnel syndrome can be caused by the cumulative damage of repetitive wrist and hand motions.



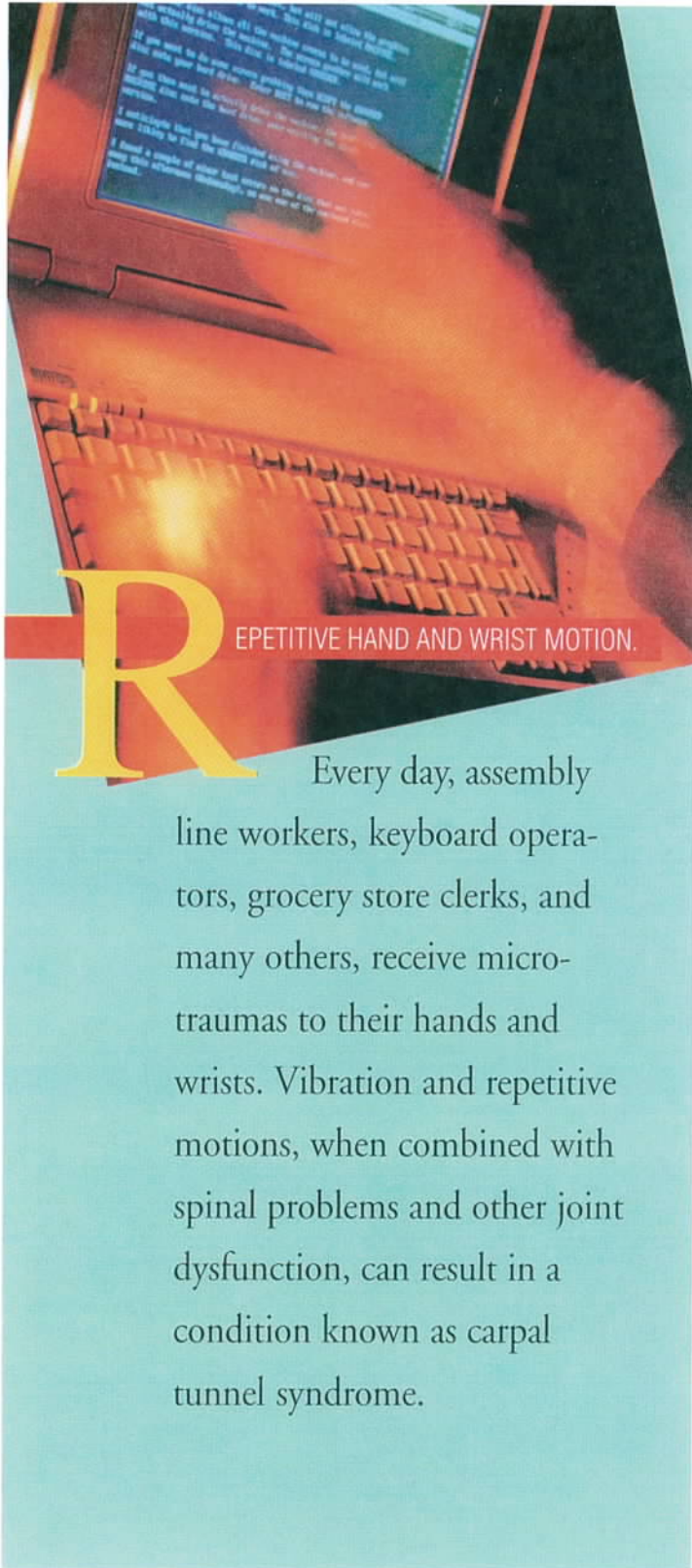
A thorough examination can detect problems which may be the cause or contributing factor of your wrist pain.



Have someone try to pull your thumb and finger apart. If your fingers seem weak, yours could be related to a carpal tunnel problem.



If placing your hands back to back produces an increase in numbness, tingling or pain, you could have a carpal tunnel problem.



REPETITIVE HAND AND WRIST MOTION.

Every day, assembly line workers, keyboard operators, grocery store clerks, and many others, receive micro-traumas to their hands and wrists. Vibration and repetitive motions, when combined with spinal problems and other joint dysfunction, can result in a condition known as carpal tunnel syndrome.