

**CARPAL TUNNEL SYNDROME, CTS**  
**DON'T FEEL HELPLESS, OPEN THE DOOR TO PAIN RELIEF AND INDEPENDENCE**  
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INTRODUCTION

Carpal Tunnel Syndrome – CTS is the most common occupational condition in the U.S. right behind low back pain. It is age and gender non-specific. This condition can successfully be reversed if treated early, however left untreated carpal tunnel syndrome can worsen and become a disability causing weakness and pain when conducting simple day to day activities.

WHAT IS CTS?

CTS is an inflammation of the tissue in the wrist that causes pain and impinges the median nerve as it passes into the hand. The median nerve provides sensation to the thumb and first two fingers; impingement of this nerve makes the hand tingle, painful and numb.

WHAT CAUSES CARPAL TUNNEL SYNDROME?

CTS is a condition resulting from repetitive and over use and or strenuous activity, which causes trauma to the tissues and nerves. Occupations and activities that are most commonly related to CTS are typing at the computer keyboard, hair stylists, painters, writers, and chefs are just a few to mention. Carpal tunnel syndrome can be further aggravated and worsened by arthritis.

WHO IS AT RISK?

Any one can be at risk. Activities that are most commonly related to CTS are occupations that involve long term typing at the computer keyboard, hair stylists,

painters, writers, and chefs are just a few to mention. Of course the older you get the less resilient you become to this injury.

### TRADITIONAL TREATMENTS

Practitioners offer relief for CTS in the form of anti-inflammatory drugs, wrist splints and surgery, if the first two approaches are not successful in alleviating the pain. Wrist splints can be difficult as they generally are rigid and uncomfortable to sleep with. Drugs may reduce the pain and swelling but it will not correct CTS and there are always the side effects involved. Surgery is an invasive approach which requires cutting the ligaments near the nerves that are impinged. There are risks especially when nerves are involved and this procedure does not always produce the hoped for results with a chance of CTS reoccurring. Surgery can also have a long recovery time up to several months. People with mild cases of CTS should break often from the activity that is aggravating the symptoms.

### WHY TRY PHYSICAL THERAPY FIRST?

Occupational Therapy ~ OT is the safest and most effective way to treat CTS pain and symptoms. OT is non-invasive and works with the soft tissues to strengthen and correct the condition. People with mild cases of CTS should also break often from the activity that is aggravating the symptoms. With Physical Therapy you will experience improved motion, a decrease in swelling and pain; PT provides adaptive techniques and exercises to limit disability. Even if you have had surgery for your CTS you will benefit immensely from Physical Therapy.

### PATIENT COMMENTS

I'm very grateful to Physiocare for alleviating my chronic back pain. I continue to follow the instructions provided for me, including walks. I feel greater range of motion and I thank you for it!

Gladys M.

I received the best massage and therapy! My back was improved...!!

Conrad M.

The therapy I received at Physiocare from Clara was outstanding. I especially enjoyed the TLC from Beatrice. Also appreciated the reminder calls.

Jean D.

### DOCTOR'S COMMENTS

"... recently I began having more severe pain, back and neck pain were severely limiting my activities... My improvement has far exceeded my expectations... I have dealt with many therapists over my years in practice but I have not experienced the level of competency, care or dedication that I have seen at

Physiocare. I would recommend it to both physicians looking for a quality therapy group referral and to anyone seeking a highly competent and caring physical therapy service."

Steven Cohen, M.D.

During my many years of receiving physical and occupational therapy, I can say without provocation, your staff's knowledge of physiology and efforts produced are without compare. I highly sanction Physiocare service! Your entire staff exudes interest and courtesy to the patient!

Roy Hughes, M.D.

"Physiocare does excellent hands on physical therapy and I recommend them without reservation."

Irvine Mason, M.D.

Diplomat – American Foard of Psychiatry & neurology

"Physiocare rehabilitation has made a big difference in the lives of my patients. Their staff is professional, warm and always helpful in caring for their patients. I have never had a patient who was not completely satisfied with the rehabilitation at Physiocare."

Michael D. Milstein, D.O. F.A.A.F.P.  
Internist

"My patients find that Physiocare provides prompt and successful relief to their pains and stiffness. I send most of my patients to Physiocare. I have found Physiocare to be the vest physical therapy center in town."

Daniel I. Nuchovich, M.D.

"Since referring my patients to Physiocare I have found that for the first time my patients actually want to return to their clinic for therapy treatment. Never before have I seen so many of my patients complementing a rehabilitation clinic. The Physiocare team truly performs the best therapy and they continually exceed my expectations."

Irma V. Lopez, M.D.  
Internist

References: Sources come from one or more of the following articles and sites: