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Carpal Tunnel



Anyone suffering from carpal tunnel syndrome should see a chiropractor to ensure that their spine is free of spinal nerve stress. Not as a treatment per se for carpal tunnel syndrome but as a way of rebalancing the spine and removing structural stress from the nervous system.

A chiropractic spinal adjustment may make the difference. It has for millions of people since its discovery in 1895. Can chiropractic make the difference for you?

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is the occupational disease of the 21st century. Do you have it? You may if you have one or more of the following: tingling and numbness in the hand, fingers and wrist; swelling of the fingers; dry palms; blanching (whitening upon pressure) of the hand; and pain so intense that it awakens you at night with the possibility of similar symptoms in the upper arm, elbow, shoulder or neck.



Red shaded areas normally affected by symptoms of carpal tunnel syndrome, which include tingling or burning sensation, clumsiness, hand pain and numbness.

Millions of people now suffer from CTS and increasing numbers of them are seeking chiropractic care. The drug-free chiropractic approach of releasing nerve and spine stress by freeing your body of vertebral subluxations has been a blessing to millions afflicted with this condition.

Where is the Carpal Tunnel?

You won't find the carpal tunnel on any map—it's in your wrist. Your carpal (wrist) bones form a tunnel-like structure—the carpal tunnel—through which pass nine tendons and one nerve—the median nerve. CTS (also called occupational neuritis, partial thenar atrophy and median neuritis) occurs when the median nerve is irritated.

Who gets CTS?

Just about anyone can get CTS. Years ago telegraph operators, seamstresses, carpenters and meat cutters were the chief sufferers from this condition. Today it's office workers, computer operators, musicians, and assembly line workers (among others) who are more prone to it. Fractures, a fall on the hand or poorly designed and/or vibrating hand tools may damage the palm of the hand and also cause CTS. Other causes are rheumatoid or osteo-arthritis, Paget's

disease, multiple myeloma, acromegaly and gout. It is often found in pregnant women, women who use birth control pills or individuals with an under active thyroid.

The Medical Approach

The medical approach to CTS is to stop using the wrist in the same way by wearing a splint (wrist immobilization). Resting the wrist has worked for many people. In others ice or drugs such as diuretics or anti-inflammatories were also used.

In those with persistent symptoms, corticosteroids may be injected in to the crease in the hand near the wrist which may provide relief.

This approach however has a high relapse rate (and many side effects). As many as 100,000 operations a years are performed for CTS and recovery from such surgery may take from 6 months to 10 years.

Limitations of standard medical care led the late Robert Mendelsohn, MD to state: Since the medical treatment for this condition is so often unsatisfactory, I have for years been recommending that my patients consult experts in muscle and joint therapy.

The Chiropractic Approach

Since most people who do repetitive tasks do not get CTS there appears to be a contributing factor to this condition. In many people it may be the health of the spine and that is why anyone suffering from CTS should see a chiropractor to ensure that his/her spinal column is properly aligned and free from nerve pressure.

Look closely at a musician, office worker, computer operator or anyone suffering from CTS. You'll see that not only are the wrists being used to perform the tasks, the neck and entire spinal column are also involved in the activities.

For over a hundred years clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic spinal adjustments.

How Does Your Spine Affect Carpal Tunnel Syndrome?

Vertebral subluxations (spinal nerve root irritation caused by spinal misalignment) have been observed in many patients who have carpal tunnel or related hand and wrist problems. In fact, nerve compression in the neck can block the flow of nutrients to the nerves in the arm, shoulder, wrist and related areas, and make them more susceptible to injure (this is called the double crush syndrome).

Not surprisingly, when 1,000 cases of carpal tunnel syndrome were investigated it was found that a large number of those suffering from CTS also had neck arthritis.

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