

Carpal Tunnel Syndrome

Advice and treatment

Carpal Tunnel Syndrome is a set of symptoms caused by increased pressure on a nerve as it travels through your wrist. This pressure can have several causes, including swelling (after an injury such as a fracture or an over-use injury), Arthritis, pregnancy, Diabetes, Thyroid Disease or often a combination of these.

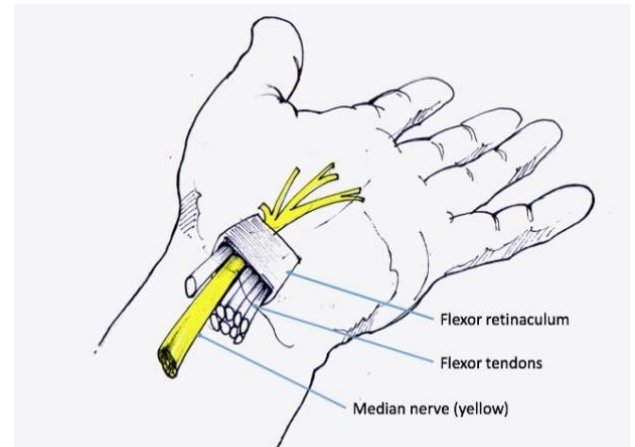
The following advice and exercises may help you manage your groin strain.

Signs and symptoms

If you do have Carpal Tunnel Syndrome, you may experience symptoms into your wrist, hand and fingers.

Repetitive activities involving the wrist such as typing or driving can often be associated with their development. These symptoms are often worse at night, and include:

- Pain
- Changes in sensation (tingling, pins and needles or numbness)
- Swelling
- Weakness
- Clumsiness or reduced dexterity
- Sleep disturbances



If your hand becomes weak or you struggle to maintain a firm grip of objects, please contact your GP or Physiotherapist for further advice.

You can find out more about Carpal Tunnel Syndrome from the NHS website.

Visit NHS website [nhs.uk/conditions/carpal-tunnel-syndrome/](https://www.nhs.uk/conditions/carpal-tunnel-syndrome/)

Treating Carpal Tunnel

Treatment can take time. Wearing a resting splint can help prevent the symptoms at night and when they're brought on by particular activities.

Activity Modification

Symptoms often settle naturally with a change of activity, but full recovery can take time. It's important to modify any activities that may be causing your symptoms, particularly those involving repetitive or prolonged bending of your wrist.




You could also consider:

- Reducing the duration, frequency and/or force required to complete tasks
- Taking regular breaks during heavy or repetitive tasks
- Other ways that the task can be completed
- Alternate heavier tasks with lighter tasks

Exercises

The following exercises may help Carpal Tunnel Syndrome by gently gliding the nerve through the carpal tunnel.

They may cause mild symptoms but these should settle quickly after finishing. If you feel your pain is getting worse, take time out and seek advice from your GP or Physiotherapist.

	<p>MEDIAN NERVE SLIDER: HEAD + ELBOW MODIFIER</p> <p>Raise your arm to just above shoulder-height with your wrist and fingers bent back, your elbow straight and your head bent to the same side (1). Maintaining your arm and wrist in this position, bend your elbow as you bend your head to the opposite side (2). Move your elbow and head from position 1 to position 2 ten times.</p> <p>SETS & REPS: 10 reps</p> <p>FREQUENCY: 3-5 x daily</p>
	<p>MEDIAN NERVE SLIDER: PRAYER</p> <p>Depress your shoulders, bend your elbows and bring your palms together in front of you in a prayer position. Move your hands from side to side in front of you (1 & 2). Repeat.</p> <p>SETS & REPS: 10 reps</p> <p>FREQUENCY: 3-5 x daily</p>
	<p>TENDON GLIDING FINGER FLEXION/ EXTENSION</p> <p>With your fingers straight (1), bend your end and middle finger joints while keeping your knuckle joints extended (2). Then bend your knuckle joints while straightening your fingers (3). Then bend your end and middle finger joints (4). Return to the start position and repeat.</p> <p>SETS & REPS: 12 reps</p> <p>FREQUENCY: 3-5 x daily</p>

Posture

Taking regular breaks and maintaining a good posture is important for reducing the symptoms associated with Carpal Tunnel Syndrome.

You could also consider:

- Changing your posture regularly, ideally every 30-45 minutes
- Using equipment (tools, cutlery, pens) with thicker handles, as this requires less force to hold
- Loosening your grip on an object required to be used for a prolonged period
- Reviewing your computer station set up; paying attention to the position of your keyboard and mouse within a distance the length of your forearm from your body

This leaflet is intended to support the advice you've received from your GP and Physiotherapist. Please contact them if you have any further questions.

The exercise diagrams have been created by The Rehab Lab.

Visit The Rehab Lab website TheRehabLab.com/

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