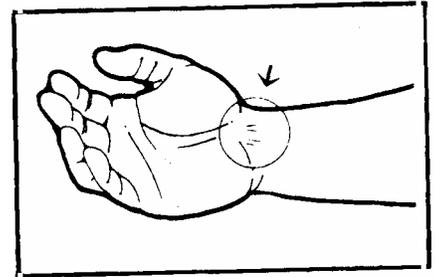


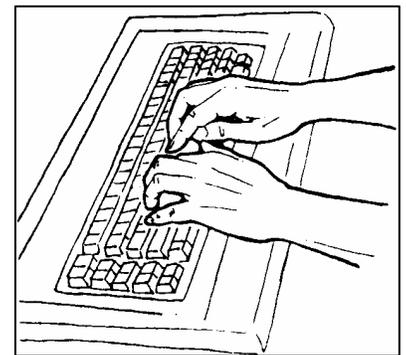
Getting a hand up on Carpal Tunnel Syndrome

Carpal tunnel syndrome is a painful hand disorder caused by stressful and repetitive motions of the hand. Although the site of the injury is the wrist, pain is usually felt in the hand. Excessive movement of the wrists or holding the wrists in static positions for long periods of time can irritate the nerves, tendons, and arteries inside a narrow formation of ligament and bone at the wrist—the carpal tunnel.



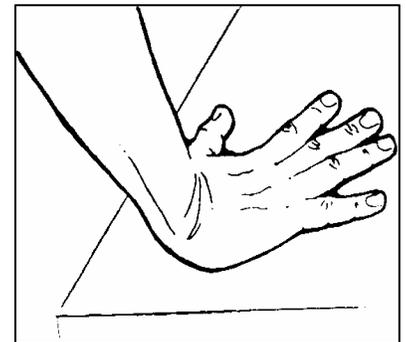
Occupational Therapists may use the following treatments for this injury:

- ▲ Individualized Home Exercise programs
- ▲ Gentle stretch
- ▲ Active range of motion
- ▲ Deep tissue massage
- ▲ Paraffin
- ▲ Splinting and bracing
- ▲ Hot and cold packs



Tips for beating the malady of the information age

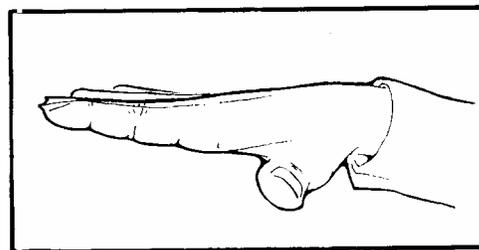
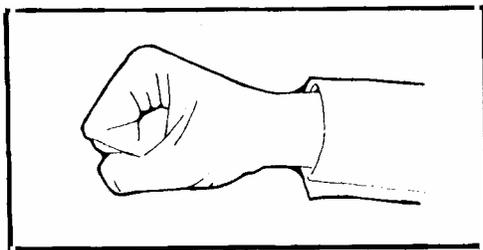
When using a keyboard or typewriter, move only the fingers— always maintain a straight-wrist position. If your keyboard has a pad at the bottom, use it to rest your wrists during breaks.



Before beginning a typing job and during breaks throughout the day, take time to do the following stretching exercise: Gently press the hand against a firm, flat surface, stretching the fingers and the wrist. Hold for five seconds.

Strengthen the muscles along the wrist with the following isometric exercise: Clench fist tightly, then release, fanning out fingers. Repeat five times.

None of the stretches or exercises should cause pain or discomfort. If you have symptoms of carpal tunnel syndrome, consult a physical therapist or other qualified health care practitioner for an evaluation and individualized ergonomic and/or treatment plan.



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