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Carpal Tunnel Syndrome

Every day, assembly line workers, keyboard operators, grocery store clerks, and many others, receive microtraumas 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.

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 can result.

The median nerve connects to the spinal cord through openings between 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.

**Our purpose is to educate and adjust families toward optimal health
with natural chiropractic care.**