

Carpal Tunnel Syndrome

Carpal Tunnel is a median nerve entrapment in your wrist. It can be managed conservatively without surgery if you follow the following steps.

1. Wear the prescribed splints 24/7 for three weeks. you may remove them for short periods like the bathroom, dinner etc. but if you do not wear them this program does not work.

After three weeks you will taper down there use until you are only wearing them when sleeping. you will continue to do this for a minimum of 6 months or possibly forever.

2. Ice. You must ice your hand and wrist a minimum of twice a day.
3. Non-steroidal anti-inflammatory mediations like motrin, advil, etc.
4. Physical therapy. This is not exercise. No weight lifting or range of motion.

It is therapy designed traduce swelling and should be limited to cryotherapy, fluido-therapy, electrical stimulation and massage.

