

6 STEPS

# MANAGE CARPAL TUNNEL SYNDROME WITHOUT SURGERY



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# MANAGE CPS WITHOUT SURGERY

Carpal Tunnel Syndrome has been successfully treated conservatively. Here's how to manage your condition and potentially avoid surgery.

## REDUCE OR ELIMINATE AGGRAVATING FACTORS

Our workplace is often the cause of carpal tunnel syndrome but there are ways to reduce or even eliminate those aggravating factors. Ideally, we would suggest to eliminate the aggravating factors but at the very least, look at ergonomic interventions that you can apply. Ergonomic interventions to consider are altering work schedules to break up repetitive work, wrist supports and ergonomic equipment such as wrist rest for the computer mouse, tools with angled handles etc.

## REGULAR MASSAGE OF WRIST FLEXORS

Gentle self massage of the wrist flexors from the elbow towards the wrist will help decrease the tension of the muscles that pass through the carpal tunnel. We recommend to have a qualified remedial massage therapist use myofascial release techniques over the carpal tunnel area as we want avoid any irritation to the median nerve. It may take regular remedial massage therapy treatments every 2 – 4 weeks for 6 - 12 months (depending on the severity) for the carpal tunnel syndrome to resolve.

## STRETCH FOREARM MUSCLES

Stretching the wrist flexors can reduce tension and increase flexibility in the muscle group. Gentle static stretching of these muscles is recommended 3 times daily for 20 – 30 seconds each time.

## APPLY KINESIOLOGY TAPE TO WRIST FLEXORS

Kinesiology Tape has been proven to lift the superficial layers and increase movement under the skin which can lead to a decrease in pressure on the nerves, increase blood flow to the area and reduce pain.

## USE A WRIST SPLINT AT NIGHT

Night splints are helpful as they do not interfere with our daily activities and can reduce the pressure on the median nerve whilst sleeping.

## BEGIN STRENGTH TRAINING

After a few months of regular remedial treatments, gentle strength training to the wrist flexors is recommend to build the muscles and avoid them becoming tight and irritating the nerve.







For stretches and RockTape application for Carpal Tunnel Syndrome

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Book now for your initial consultation including treatment that incorporates remedial massage therapy, cupping therapy and RockTape application.

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