

CARPAL TUNNEL MYTHS!

LET'S HELP CLEAR A FEW THINGS UP!

01

Pain in the hand or wrist does not mean you have carpal tunnel. Carpal tunnel symptoms are usually pins and needles in the thumb, index and middle fingers which can occur commonly at night time when trying to sleep.

02

"I have carpet tunnel". Oopsie - it is Carpal Tunnel named after an area in the wrist called the carpal tunnel where a nerve gets squashed.

03

Squeezing a stress ball that your neighbour gave you likely won't help - sometimes this can increase swelling if you do it too much which can make the carpal tunnel worse!

04

Keyboard wrist supports are often not helpful and can cause other arm issues

05

It's ok to put up with it for years? No! The nerve can become damaged.



riverina
hand therapy

You might also like to know...

Carpal Tunnel Syndrome is the compression (squashing) of the median nerve in the wrist. It affects the feeling into the thumb, index, middle and half of the ring finger. The median nerve comes from the neck and down the arm, so it is important to get it checked out in case it's squashed higher up.

Hand Therapy can assist in decreasing your symptoms. In some cases it can completely resolve with therapy. If it doesn't, then we recommend you see a surgeon.

Therapy will usually involve a night splint to rest the nerve at night time and exercises to glide the nerve.

