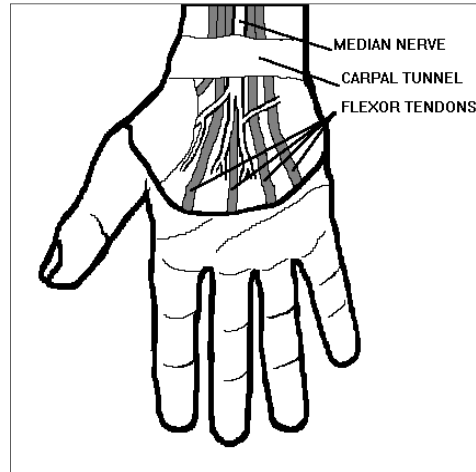


CARPAL TUNNEL SYNDROME

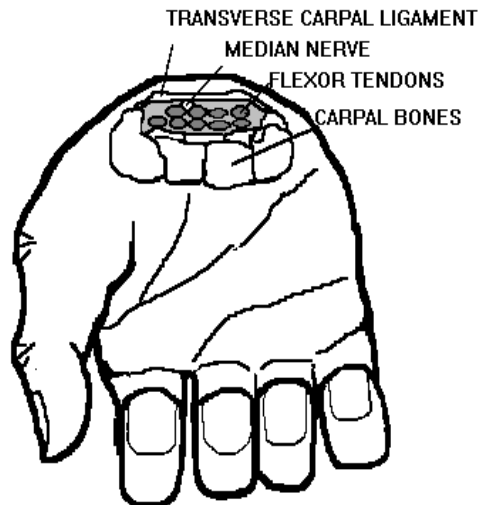
CARPAL TUNNEL SYNDROME(CTS) is a common condition that causes pain, numbness, or tingling in the hand. This discomfort may come at night or while using the hand during the day. Patients frequently explain that they are awakened by discomfort and have to shake or massage their hands until the discomfort eases up enough to get back to sleep. This is a condition that usually gets progressively worse. The patient may notice that they have started dropping things or that they don't have the strength that they used to. Like most conditions, this is easier to prevent than treat. However, if caught early enough, it can be successfully treated by conservative means. If left without treatment, permanent nerve damage may occur. This is why it is very important to be examined as soon as you start feeling these kind of symptoms.

THE CARPAL TUNNEL is made up of eight carpal bones arranged in a "C" shape. A tight ligament closes the "C" forming the tunnel. Nine tendons and the median nerve pass through the tunnel. Symptoms start to appear when inflammation causes pressure on the median nerve. Inflammation is most commonly the result of trauma either direct from an accident or from micro trauma. Repetitive movements such as keyboard work, hand tools, assembly line, check-out workers are movements that commonly cause micro trauma.

THE CARPAL TUNNEL



PALMER VIEW



CROSS SECTION VIEW

PINCHED NERVES

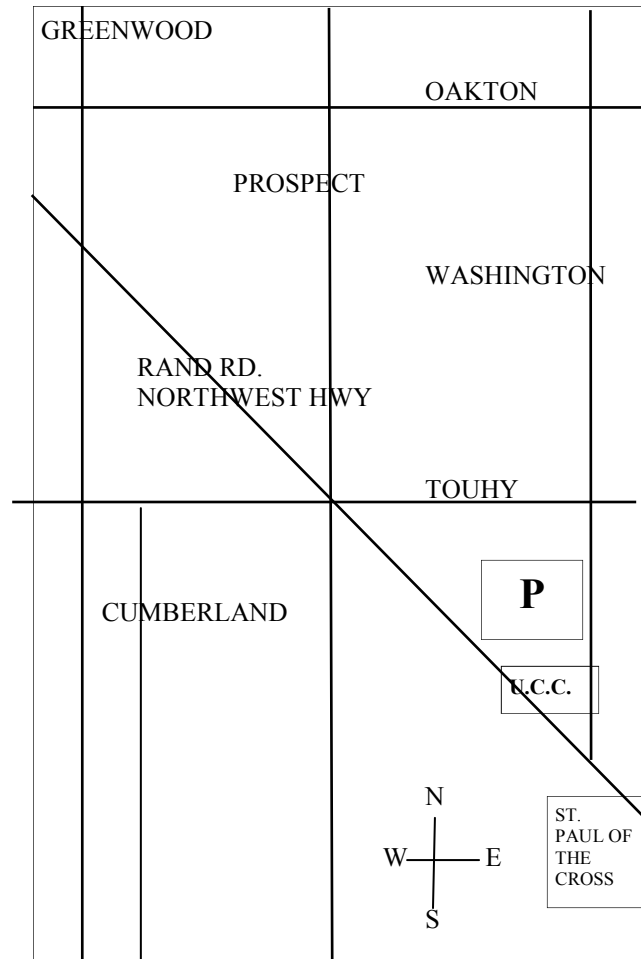
When nerves are pinched they cause a variety of symptoms. Some of which are numbness, sharp shooting pain, dull ache, tingling, muscle weakness, burning, or poor coordination. The location and character of these symptoms depends on the nerve that is being pinched and the severity of the pressure. Time is crucial because the longer the pressure is on the nerve, the greater the risk of permanent injury to the nerve. This is why it is very important to take care of nerve problems immediately. Your chiropractor will diagnose and treat your problem or refer you to someone who can.

CHIROPRACTIC TREATMENT

When caught early enough, conservative care like chiropractic care can prevent your condition from becoming surgical. Your chiropractor will use nerve, muscle, and orthopedic tests to diagnose your condition and the extent of damage. If needed, he will refer you to an orthopedist or neurologist. Conservative treatment may consist of traction, mobilization, manipulation, ultrasound treatments and some at home exercises. And stretching. Early detection and treatment are the best solution to relieving pain and restoring normal usage of your hands and fingers.

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Uptown Chiropractic Clinic is located in the heart of Park Ridge on Northwest Hwy. close to Washington Street. There is ample parking in the public parking lot. There are entrances to the parking lot from Touhy Ave., Washington St., and Northwest Hwy.



SYMPTOMS

- Pain, numbness, or tingling in the wrist and hand (commonly in the thumb and first three fingers)
- Sleep is often interrupted by discomfort, causing the person to shake or massage the hands until the symptoms are reduced
- Muscle weakness in the hands
- Inability to hold on to objects
- Your hands may feel clumsy

COMMON CAUSES

- Micro trauma from repetitive arm and hand movements
- Computer work
- Desk work
- Poor seated posture
- Stress
- Direct trauma such as a fall or car accident
- Old injuries/sprain, dislocation or fractures
- Sports
- Tools that vibrate
- Sustained pressure on the back of the palm
- Fluid retention/pregnancy

**CARPAL
TUNNEL
SYNDROME**



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