

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Carpal Tunnel Syndrome – A Secondary Effect

By Jeff P. Anliker, LMT

What causes carpal tunnel syndrome to develop? Although there are many professional opinions out there regarding the subject, most do not provide an accurate description of how carpal tunnel syndrome actually occurs. What is agreed upon is the fact that the flexor tendons and median nerve are operating in a much smaller space than they were prior to the onset of symptoms. Many professionals state that it is the swelling of the involved tissues that is diminishing the space and others say that is caused by a muscle imbalance between the flexor and extensor muscles that is causing the carpal bones to shift into the carpal tunnel, making the carpal tunnel much smaller.

After much research, my opinion is that the swelling is a "secondary effect" of the nine flexor tendons and median nerve having to glide through the carpal tunnel which has decreased in size due to a muscle imbalance*.

How does the carpal tunnel decrease in size? The carpal tunnel decreases in size because the flexor muscles that `close' the hands are exercised on a daily basis with virtually every activity we perform, and they become stronger, shorter and tighter than the extensor muscles that `open' the hands, thus causing the carpal bones to shift inward, collapsing the carpal tunnel and making it smaller. As the tendons and median nerve slide back and forth in the much smaller space, friction between the tissues occurs.

What does friction in the carpal tunnel cause? Friction between flexor tendons and median nerve within the carpal tunnel causes inflammation and swelling, which puts pressure on the median nerve, resulting in carpal tunnel syndrome. This is the reason that surgeons sever the carpal ligament, making more room for the flexor tendons and median nerve to move around in. If the carpal tunnel is returned back to its original size, prior to the onset of symptoms, the friction and swelling is eliminated and the symptoms disappear.

Continually performing repetitive wrist and finger flexion while symptoms are already present will ultimately aggravate the existing condition even more and lead to possible irreversible damage of the flexor tendons, blood vessels and median nerve within the carpal tunnel.

Carpal Tunnel Syndrome – A Secondary Effect

How can the carpal tunnel syndrome be eliminated? By stretching and lengthening the overly restrictive flexor muscles that `close' the hands and strengthening and shortening the extensor muscles that `open' the hands, the carpal tunnel can return to its normal size, decreasing impingement of the tendons and median nerve, which also eliminates friction and causes the carpal tunnel symptoms to disappear.

Now is the time to take the steps to prevent and/or eliminate carpal tunnel syndrome by starting a stretch / exercise program for your hands. Speak with your doctor or contact a certified therapist today to implement a good stretch and exercise program to keep you strong, healthy and injury-free!

Jeff P. Anliker is a Therapist and Inventor of FlexTend and other therapeutic products that are utilized by Corporations, Consumers and Medical Facilities around the world for prevention, rehabilitation and

performance enhancement.

<http://repetitive-strain.com>

What Is Carpal Tunnel?

By Heather Colman

In the human wrist there is a sheath of tough connective tissue which surrounds and protects the median nerve and tendons that attach muscles to the wrist and hand bones. The Carpal Tunnel is the space above and below this sheath and the bones making up the carpal bones in the wrist and hand.

The term 'Carpal Tunnel' is also used quite commonly to refer to 'Carpal Tunnel Syndrome' which is a condition where the median nerve is pinched within the tunnel and causes pain and/or numbness of the wrist/hand, once thought to be a result of repetitive motion such as painting or typing.

Carpal Tunnel Syndrome is a medical condition more common in women than it is in men, and has a peak incidence around age 50 though it can occur in any adult.

What are the Symptoms of Carpal Tunnel?

The first symptoms of Carpal Tunnel usually appear when trying to sleep. Symptoms range from a burning, tingling numbness in the fingers, especially of the thumb and index and middle fingers to difficulty gripping and making a fist. Inability to firmly grasp and dropping things can become an issue. If left untreated the symptoms can progress, and increasing pain intensity can further restrict hand functionality.

In the early stages of Carpal Tunnel, individuals often mistakenly blame the tingling numbness on their sleeping position, thinking their hands have had restricted circulation and are simply falling asleep.

It is important to note that unless numbness is one of the predominant symptoms, it is unlikely the

Carpal Tunnel Syndrome – A Secondary Effect

symptoms are primarily caused by Carpal Tunnel Syndrome. In effect, pain of any type, location, or severity with the absence of significant numbness, is not likely to fall under this diagnosis.

Carpal Tunnel Syndrome is known as a "hidden disability" because people can do some things with their hands and appear to have normal hand function. However, despite these appearances, those afflicted often live with severely restricted hand activity due to the pain.

What Causes Carpal Tunnel? The jury is still out on this one. Most cases of Carpal Tunnel are idiopathic. Many people with Carpal Tunnel Syndrome have gradual increasing symptoms over time. A common factor in developing Carpal Tunnel symptoms is increased hand use or activity.

In summary, Carpal Tunnel Syndrome can easily be aggravated by activity. People that develop symptoms will frequently blame this on their work exposure, even though this exposure may indeed have little to do with the root cause of their Carpal Tunnel Syndrome.

Permission is granted to reprint this article as long as no changes are made, and the entire resource box is included.

This article is Copyright © 2006, Heather Colman. Find more Carpal Tunnel resources at:

<http://www.carpal-tunnel-focus.info>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!