

# *Try* **Physical Therapy** **FIRST**

*by Phyllis Quinn, P.T.*



## **Carpal Tunnel Syndrome**

Carpal tunnel syndrome is caused by compression of the median nerve at the wrist. Typical symptoms include pain in the hand, wrist, and sometimes forearm. Tingling can often be felt into the fingers as well, specifically the thumb, index, and middle fingers. Untreated, the syndrome can advance, causing muscle weakness and deterioration. The symptoms and progression vary from person to person. Activities that include frequent grasping with a flexed wrist may precipitate its development. Physical therapy treatment to alleviate the symptoms include myofascial release of the involved fascia, soft tissue mobilization of the affected muscles, and mobilization of the carpal bones, appropriate modalities like ultrasound or iontophoresis to reduce inflammation, as well as appropriate exercises. Carpal tunnel release surgery is available for those with more advanced symptoms. If you are experiencing any hand, wrist, or forearm symptoms, take advantage of our free screening. Call us at 315-7727 to set up your assessment with one of our qualified therapists.

**To learn more, call  
Physical Therapy Services  
of Guilford, LLC.**

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