

I hate this wrist brace. What can I do???

Do you feel pain and numbness in your index and middle fingers and weakness in your thumb?

Soreness in your wrist? Tingling up your arm?

Have you been wearing a wrist brace for way too long?

People who do repetitive motion jobs - like cashiers, hairdressers, carpenters, musicians, office workers, bakers, chefs, seamstresses, and tailors - are most likely to develop painful carpal tunnel syndrome (CTS).

CTS is caused by a pinched nerve in the wrist. The carpal tunnel receives its name from the eight bones in the wrist, called carpals, which form a "tunnel" through which the nerves leading to the hand extend.

You can help prevent CTS or put a pause on symptoms by making some simple changes like:

- Chiropractic adjustments and massage can provide relief. CALL US, we are here to help!
- Stretching or flexing your shoulders, arms, and fingers before beginning work and at frequent intervals.
- Alternate tasks to reduce the number of repetitive movements. Set up your workstation to reduce strain on your body.
- If you use a computer, have an adjustable keyboard table and chair, and a wrist rest. A trackball mouse shaped to support the palm is great for hand support.
- Eat antioxidant foods, including fruits such as blueberries, cherries, and tomatoes, and vegetables such as squash and bell pepper.
- Omega-3 fatty acids, such as fish oil, 1-2 capsules, or 1 tablespoonful of oil daily, can help decrease inflammation.

Heal your CTS issue the natural way before considering surgery! Most of the time, CTS improves quickly.

Let us know if we can help you with adjustments, massage, and natural supplements.