

Carpal Tunnel Syndrome (CTS)

What is it?

- **Carpal Tunnel Syndrome**- narrow passageway between the wrist bones and ligaments, pressure on the median nerve where it goes through the carpal syndrome, median nerve controls sensation in the fingers and muscles of the hand



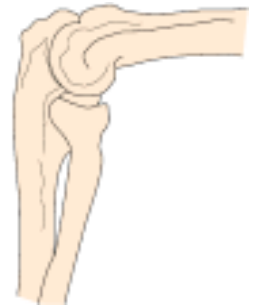
Who causes or increases your risk?

- **Repeated Hand Movements**
- **Obesity**
- **Cyst**- (ganglion) on the tendon sheath in the wrist
- **Rheumatoid Arthritis**
- **Previous wrist Injuries**
- **Pregnancy**
- **Diabetes**
- **Thyroid Disease**
- **Taking**- birth control pills



What are the Symptoms?

- **Pain and Tingling in the Hand**- caused by pressure on the nerve
- **Numbness or Pain**- in hand or wrist that wakes you up at night
- **Numbness**- in the fingers except the little finger
- **Weak Grip**- aching pain from hand to elbow



What do I need to do?

- **See a Health Care Provider**- for more information
- **Maintain**= a good fitness program
- **Decrease**= salt intake if you have fluid retention or high blood pressure
 - **See a Registered Dietitian**- for help with Meal Planning
 - See a FFF RD for help as needed
- **AVOID**- the same repetitive motions
- **Prevention**- get with an insurance company with a good exercise program

