

Carpal Tunnel

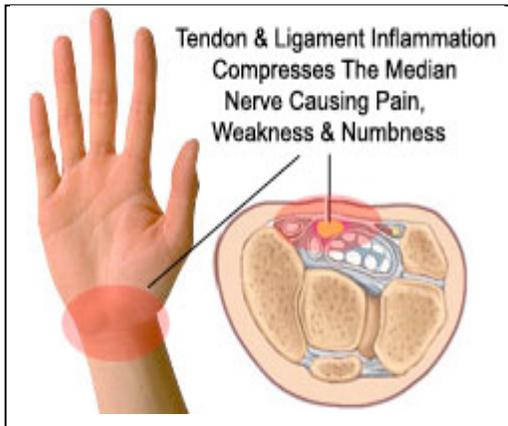
This complimentary report will provide you with information about this troubling condition.

The report is concise, providing you quickly with what you need to know.

We stand ready to help.
Call us for the help you need.

Jack D. Adrian, D.C.

937-339-5556



Carpal Tunnel – A Tight Squeeze!

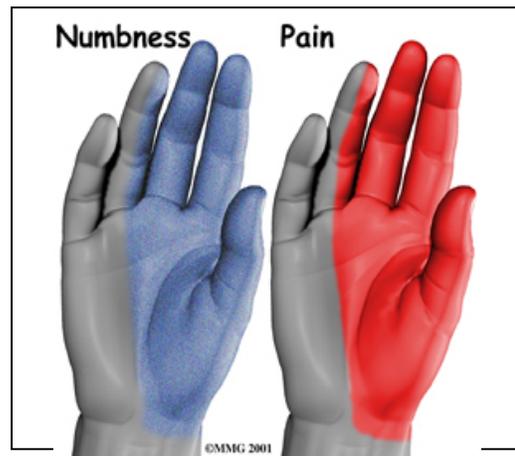
You won't find the carpal "tunnel" on any road map. Instead, it's in your wrist. The word **carpal** refers to the eight dime-sized bones that make up each wrist. On the palm side of your wrist is a **ligament band** stretching from the thumb side to the little finger side of your wrist known as the carpal ligament. This ligament, along with the eight wrist bones makes up what is known as "**The Carpal Tunnel**," and is a **tight, narrow opening in the wrist just large enough** for the nerves coming off your neck to get into your hands and fingers.

Signs & Symptoms

People who have carpal tunnel may have pain, numbness, tingling or swelling in their forearm, wrist, hand or fingers, along with possible weakness in your thumb or entire grip strength.

It may affect one hand or both, as well as one hand more than the other.

Its intensities range from slight tingling to deep numbness; mild discomfort to severe pain, or simple weakness to severe loss of strength causing one to be unable to open a jar or even hold a cup of their favorite beverage.



Who Gets Carpal Tunnel?

Carpal Tunnel **affects those in every activity of daily life**, from stay-at-home moms and domestic engineers, to those in nearly every profession. It's found in computer operators, office workers, seamstresses, factory workers, power tool operators, people who do a lot of lifting and those in all branches of the construction trades, just to name a few.

It is found mostly in activities where people must use their hands in repetitive motions over and over again, such as someone who types all day, turns hand tools with their wrist and hands, uses heavy vibrating equipment, or those who sort parts and equipment on an ongoing basis.

At its worst, carpal tunnel can make it very difficult to use your hands in daily activities, and **can threaten the income and livelihoods of those who rely on their hands for a living**. Behind back pain, carpal tunnel injuries are one of the most frequently seen musculoskeletal injuries.

Proper Diagnosis Essential

It is very possible to have carpal tunnel **symptoms** without actually having carpal tunnel **problems**. Indeed, it's very probable! People experience **TRUE** Carpal Tunnel, **FALSE** Carpal Tunnel and a phenomenon known as **THE DOUBLE CRUSH**. As a result, carpal tunnel must be viewed from three different perspectives for accurate diagnosis.

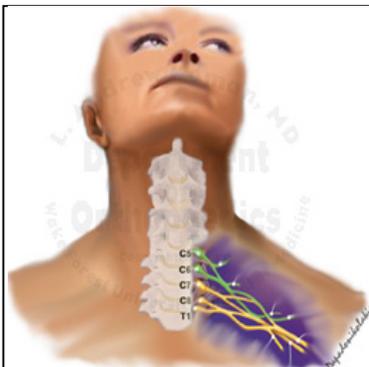


“True” Carpal Tunnel

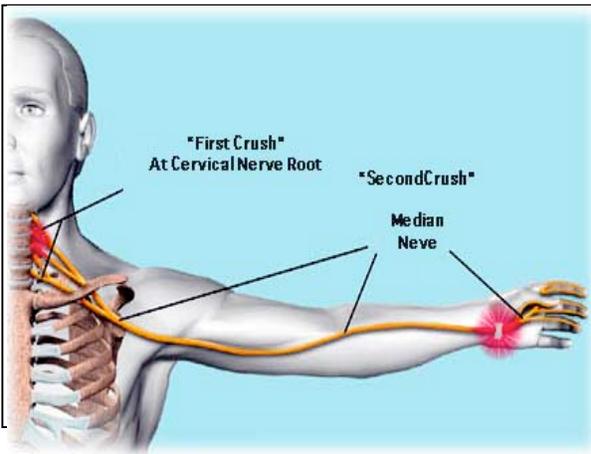


First, you may actually have **ONLY** a wrist problem. This is known as “true” carpal tunnel. In the wrists are eight dime-sized carpal bones connected to the carpal ligament, which forms a ‘tunnel’ in which the median nerve from the neck travels into the hand. **When wrist bone misalignment occurs** it causes swelling and nerve compression in the “tunnel” and this nerve compression is the cause of carpal tunnel symptoms.

“False” Carpal Tunnel



Second, though you may have problems in your wrist, hand or fingers, it may not be carpal tunnel at all, but rather **REFERRED PAIN into the hand because of nerve problems in the neck**. This is known as “false” carpal tunnel, because it mimics “true” carpal tunnel. Nerves from the neck flow down the arms into the hands. If these neck nerves are compressed, it frequently refers pain into the forearm, wrists or hands even if no neck pain is involved. In these cases, it does little good to focus on the wrist and hand, because this is **NOT** where the pain is coming from.



The “Double Crush” Phenomena

Third, your problem may be coming from MULTIPLE areas, such as the neck or shoulder, and/or the wrist. This is known as the “**Double Crush**” Phenomena. The nerve causing the pain is compressed, or “crushed” in two different areas. It’s very common, and there is a good chance you may be experiencing the “double crush” phenomena if you have problems in your neck, as well as in your wrist or hand at the same time.

“Choke” Points

You can see in the picture above the anatomical placement of the median nerve which carries carpal tunnel pain. There are many places it can be compressed, or “choked.” The nerve that serves the wrist can be “choked” at multiple points such as the neck, first rib, in the armpit, elbow, or in the wrist.

When a nerve is compressed a little in multiple locations, it can greatly exaggerate the pain in the wrist. **This leads to a significant chance of misinterpretation.** It is therefore very important to find where the cause or causes of the compression are to determine whether you have ‘true’ carpal tunnel, ‘false’ carpal tunnel – or the Double Crush phenomena!

Not surprisingly, when 1,000 cases of carpal tunnel symptoms were studied, **40% were found to have dual involvement.** **This is significant to know, especially if someone is contemplating surgery.**

About 100,000 Americans each year have carpal tunnel surgery. Many are successful, but about one out of four surgeries leave the wrists with some kind of permanent disability. Not good if one must rely on their hands to earn a living, and this is why it’s important to utilize surgery only as a last resort.

Chiropractic – A Different Approach!

Wrist bones can become misaligned placing tension on ligaments just like with any other joint in the body. Wrist bone misalignments along with the pressure these misalignments create inside the wrist can, and often do, create the swelling and inflammation that takes place within the carpal tunnel. When one combines this with a high chance of multiple areas of compression on the nerve, it’s essential to proceed carefully.

The chiropractic approach – a different, drugless, non-surgical approach - **is to bring proper motion and realignment back into the wrist bones to restore proper ligament tension, proper function, and help aid your body in removing the painful inflammation of the wrist.**

The majority of people respond very favorably to specific non-surgical carpal tunnel procedures, and many patients report significant relief and/or total resolution of carpal tunnel problems through proper chiropractic methods. Doesn’t it make sense to find out before putting up with braces, undergoing injections or risking the chances with surgery?

How Do I Get Started?

If pain, numbness or weakness in your wrist or hand is causing you concern, something is obviously wrong. **A complimentary conference with the doctor** will allow us to discuss your concerns and come up with the best approach for you. Hopefully you can be the next person to benefit from our many years of experience in dealing with this potentially life-altering condition.

Call us today at 339-5556. We're ready to help.....



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Our Website: **DrJackAdrian.com**

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