



ISR Physical Therapy Newsletter

Houma

478 Corporate Dr.
Houma, LA 70360
(985) 872 - 5911

New Orleans

1516 River Oaks Rd. West
Harahan, LA 70123
(504) 733-2111

A Proactive Approach to Excellence in Health & Rehabilitation

HANDY ADVICE

MAY 2008

Prolonged pain, tingling, and/or numbness in the hand and wrist are likely to be symptoms of carpal tunnel syndrome. This condition is caused by compression of the median nerve, which enters the hand through a narrow tunnel formed by bones and ligaments. If tendons in the carpal tunnel become inflamed and swell, they can squeeze the nerve to produce the typical symptoms of carpal tunnel syndrome. It is important to treat this condition early on as prompt treatment can help avert potential long term problems such as the loss of feeling in some fingers and permanent weakness of the thumb. Studies show that frequent use of a computer mouse, but not keyboard use, might raise the risk of carpal tunnel syndrome.

Initial treatment generally involves resting the affected hand and wrist for at least two weeks, avoiding activities that may worsen symptoms, and immobilizing the wrist in a splint to avoid further damage from twisting or bending. If there is inflammation, applying cool packs can help reduce swelling.

P.S. Because the incidence of carpal tunnel syndrome increases during pregnancy and menopause, hormones may play a role in its occurrence.

Please visit our new website:

www.isrphysicaltherapy.com

"No Excuses, Just Results!"



Richard W. Bunch PhD, PT



**Trevor D. Bardarson, PT,
OCS**



Marc Cavallino MPT, OCS



Kristy Trosclair, PT

Fit Tips:

Doing a few quick stretches before work, just as a runner stretches before a run can help to prevent work related injuries.

Move of the Month:

Extend and stretch one wrist and fingers out in front of you (as if you are telling an oncoming car to stop) use the other hand as a supporting hand to pull your fingers back toward you gently.

Hold for a count of 10 seconds



You may repeat this exercise periodically throughout your work day.

“My experience at ISR was a positive one. I was taught exercises to help strengthen my back and the muscles that support my back.” B.B.

**ISR Physical Therapy
478 Corporate Dr.
Houma, LA 70360**