

# Carpal Tunnel Syndrome (CTS)

## What is it?

A chronic condition, which compresses the median nerve in the wrist, caused by direct trauma and/or repetitive overuse. Classified as a repetitive strain injury (RSI)

## What causes it?

Repetitive flexion and extension of the wrist. Can be a congenital or an occupational condition.

## Symptoms

Pain, burning, numbness, itching and swelling of the wrist, palm and fingers. Reduced strength in hand.

## Top Tips

Implement adaptive actions as soon as possible. Review repetitive stresses place upon wrist and obtain equipment, which may alleviate the stress at the joint.

## How to Treat it

Stop activities causing irritation and damage. Implement adaptive measures for activity and/or use appropriate ergonomic equipment. Immobilise wrist/use supports. Painkillers. Anti-inflammatories.



## Rehab

Rest. Use appropriate supports. Flexibility exercises.

## Definitions

**Chronic** – gradual and cumulative injury over time

**Median Nerve** – nerve located in the arm, running from top of shoulder down to wrist

**Repetitive Strain Injury (RSI)** – pain felt in muscles, nerves and tendons caused by repetitive movement and overuse

**Flexion** – decreasing the angle between two body parts

**Extension** – increasing the angle between two body parts

**Sprain** – a stretching or tearing of ligaments, which connect two bones. Classified as first (mild), second (moderate) to third degree (severe) sprains.

## Associated Conditions

- Wrist Sprain
- Ulnar Tunnel Syndrome
- Wrist Ganglion Cyst
- Wrist Tendinitis

## Get Help Now

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