



AdvaCare Clinics: Treating Carpal Tunnel with Chiropractic

One of the most expensive work related injuries is Carpal Tunnel Syndrome (CTS). Though not limited just to the workplace carpal tunnel can be painful, even restricting and usually occurs in the dominant hand. If you are suffering from Carpal Tunnel – AdvaCare Healthcare Clinics, located in Bloomington, MN can relieve your pains and correct the issue. Carpal Tunnel is not a condition that can be solved with surgery alone, even in severe cases, surgery does not correct the cause of pain because the damage is occurring upstream from the pain you feel in your wrist, it starts at the spine.

What Causes Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome and the pain you feel is actually caused by irritated nerves, which are being choked and entrapped, beginning along the neck and spine and traveling down to the elbow, then to the wrist, where everything narrows. As a person repeats motions excessively forearm tension increases and the muscles actually entrap the median nerve by inflaming, which leads to pain, often quite severe. Having a job or hobby that requires repetitive hand, wrist and arm actions can often lead to Carpal Tunnel.

Activities completed excessively that Increase the Risk for Carpal Tunnel:

- Assembly Work
- Sewing
- Meat Packing
- Farming
- Cashiering
- Playing an Instrument
- Gardening
- The use of Vibrating Hand Tools

Who is More Prone to Carpal Tunnel?

The above list gives you a few references as to what activities, when completed consistently, have accounted for Carpal Tunnel Syndrome. But there are other factors:

- Women are more inclined to suffer from Carpal Tunnel than Men.
- Pregnancy and Menopause Increase the chance of Development because of Fluid Retention.

- A Cyst, Tumor, Fracture or Dislocation near the Wrist.
- Diabetes and using Insulin or other Medications to manage it.
- Obesity can be a factor.
- Already having Rheumatoid Arthritis.
- Stress has shown to be linked.
- Wrist Shape and Size.

Symptoms of Carpal Tunnel Syndrome

Carpal Tunnel symptoms may start out slight, then increase in intensity. It is common for the patients to notice the starting symptoms while they wake up or later in the evening and while they sleep. Often the feelings gradually increase in intensity, become an issue throughout the entire day and the affected hand is more painful when in use.

Physical Symptoms Can Include:

- Tingling
- Burning
- Shooting Pain
- Itching
- Numbness
- Loss of Grip
- Wrist Discomfort

Treatment and Correction of Carpal Tunnel Syndrome

Treatment of Carpal Tunnel is *necessary*. If the nerve issue persists and is not addressed it could lead to the entire immobilization of a hand, wrist, or an entire arm. It's important that you don't just push through the pain, you need to seek treatment to get the issue resolved and managed. AdvaCare Healthcare Clinic offers multiple effective treatments that will correct the damage that has occurred and give you relief from your painful symptoms.

- Chiropractic
- Acupuncture
- Physical Therapy
- Deep Tissue Massage
- Laser Therapy
- Surgery

Chiropractic Carpal Tunnel Treatment Bloomington MN

AdvaCare Clinic has multiple healthcare professionals that specialize in a variety of different treatment methods. It is important to understand that *surgery alone can't correct Carpal Tunnel*. Correction of this condition requires a many-sided approach. We

use manual chiropractic adjustments along with other proven methods to reduce and manage the symptoms of the condition.

Contact AdvaCare Clinic for a Carpal Tunnel Test, if you're concerned about any pains you have been feeling lately or contact us for an appointment to manage your diagnosed Carpal Tunnel Syndrome by calling 952-835-6653 or email drdennis@advacaremn.com.

