

## Sore wrists? Tingly fingers? Little electrical sparks in wrists, arms, fingers?

Any or all of these and you may be developing Carpal Tunnel Syndrome (CTS). A buildup of pressure in the wrist, it can also extend to the elbow or even the

shoulder. Carpal Tunnel used to be a problem typically found in the elderly, worn out wrists. Today it is showing up in Generation X, the Millennials and

more. Why? Repetitive motion of the wrist or hand. Texting, gaming, stretching and gripping, twisting of the wrist can all contribute.

It's common for the first symptoms to be a tingly sensation in the fingers. Maybe it wakes you up at night. Maybe you notice it when using your gaming control. Maybe when driving long distances or gripping something firmly. Massaging or shaking your fingers may help, temporarily.

Ignore the symptoms and it will get worse. You will feel more pain, tingling, numbness,

sparkling. You might start dropping things. The good news - there are treatments and preventative measures. The sooner you take action, the less risk of permanent nerve damage or disability. Early diagnosis is key.

Often the first treatment will be wrist braces that you can wear at night. When we sleep, we curl our hands and wrists into odd angles as we snuggle into our favorite fetal curl. While everyone is different, I found the braces eliminated over 80% of the symptoms.

Who likes surgery? If you are like me, you don't. If I can find a good way around it, I will. Surgery comes with a high price tag, downtime and rehab time. If you are prone to

keloid scarring, this can affect your outcome. There are other risks including permanent damage to the nerves in the wrist. But there are alternative choices.

## Pain and Inflammation Control

The first step is to reduce the inflammation and associated pain. Herbs like curcumin, cinnamon, garlic, ginger, cloves, sage and rosemary are known for their anti-inflammatory properties. You can take them in supplements. B-6 is often recommended to take in conjunction with these to enhance results. Your naturopath or chiropractor can assist you with blends and dosage.

## ART

Colorado is very proactive regarding Carpal Tunnel. Work related cases are first referred to see a practitioner of Active Release Techniques (ART.) A specially trained chiropractor commonly performs ART. The therapy is so unique it has a medical classification.

It's like other chiropractic treatments. Quick and back on the road. Following my first ART therapy the technician hooked me to an EMS machine to stimulate nerve repair. It was odd but certainly not painful.

Your wrists may be a little tender where the doctor broke up the build-up of crunchy bits. This goes away in a day or so and they will generally follow up with you a few days later. Based on how your symptoms are they will repeat the ART. Everyone is different but it's common for 3-4 visits over about 3 weeks. For most people they are back on the road. Some patients get relief over the first few sessions, others need ongoing follow up treatments.

## Berry Technique

The Berry Techniques of manipulation were developed by a physical therapist over 40 years ago. Lauren Berry considered himself a body mechanic. Studying human

anatomy and what happened when there was injury, he found ways to relieve the pain, reduce inflammation and restore mobility.

If you can find an massage therapist or physical therapist knowledgeable in these techniques, they can break up the scar tissue in the ligaments of the wrist. This relieves the pressure on the median nerve. They can also show you how to maintain it and prevent re-occurrence. It's a simple procedure but the results can feel like magic. Pain, numbness, tightness...gone. Surgery unnecessary.