

Carpal Tunnel Syndrome
By Dr. Christine M. Krsko

Many office workers as well as laborers can develop Carpal Tunnel Syndrome over a prolonged period of repetitive motion on the job. Surgery may not be the complete answer to the numbness and tingling which plagues the hands of carpal tunnel sufferers. We have treated people in our clinic who have continued to experience problems in their hands after the surgery. These patients have subluxations (misalignments of vertebrae which can cause nerve interference to the sensory, motor-muscle, and visceral-organ systems) in their cervical (neck) spine. Pinching of the brachial plexus (nerve supply to the shoulders, hands, and arms) can be an undiagnosed condition in the Carpal Tunnel Syndrome. The treatment of this problem includes altering sleeping posture, changing the work station, spinal adjustments, wrist adjustments, B6 supplements, soft tissue treatments, postural improvement, and strengthening exercises. Some patients may need additional support from a hand surgeon but should consider the conservative approach first.