

RECOMMENDATIONS FOR THE PATIENT - CARPIAN TUNNEL SYNDROM

It is a syndrom in which the median nerve gets trapped; it is comprised between the ligaments of the carpi and the bony structure. It gives a tingling feeling or a feeling of numbness. In a later stage, the pathology feels like a sharp pain or a burning feeling which can spread to the shoulder.

Besides taking physiotherapy sessions it is important to observe the following recommendations:

- 1.- It is very important to let the affected area rest. Later on, when the pain fades away, one must perform exercises to strengthen all the muscles of the arm.
- 2.- Take alternating baths at home as we've explained, at least twice a day.
- 3.- Put on ice several times per day during ten minutes with a 5 minute-break and then ten more minutes. It will stimulate the deflamation process of the tissues.

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