



**OrthoNC.com**

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# HOW TO AVOID CARPAL TUNNEL SYNDROME

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## WHAT IS CARPAL TUNNEL SYNDROME?

Carpal Tunnel Syndrome is a result of pressure on the median nerve in the wrist. If any of the symptoms listed below occur, seek medical attention.

- Numbness and tingling (usually in the thumb, index, and middle finger)
- Weakness in hand and wrist
- Pain in hand and wrist
- Aching in the hand, wrist and forearm
- Clumsiness when using your fingers

## POSITIONING

To reduce your risk for developing Carpal Tunnel Syndrome, follow these guidelines when doing repetitive tasks:

### **Do:**

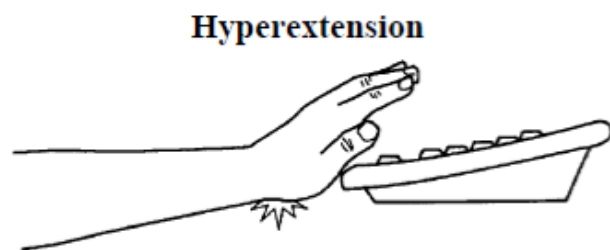
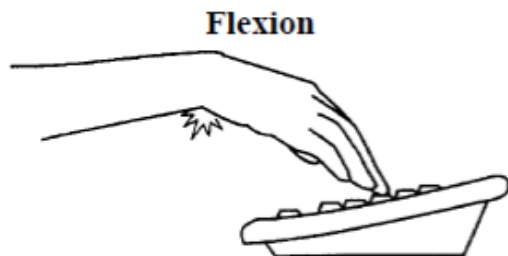
- Keep your hand in a straight line with your wrist.

*\*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*

- Minimize speed and force during repetitive tasks.
- Take frequent breaks or alternate tasks
- Move your arm in large circles forward and backward to increase blood flow



**Do Not Use the Following Positions for Long Periods of Time:**



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