HOW TO AVOID CARPAL TUNNEL SYNDROME

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.
  - 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:

*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.
Pressure on palm of hand

Supination

Ulnar Deviation

Wearing a tight item around your wrist

Continuous Grip

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