

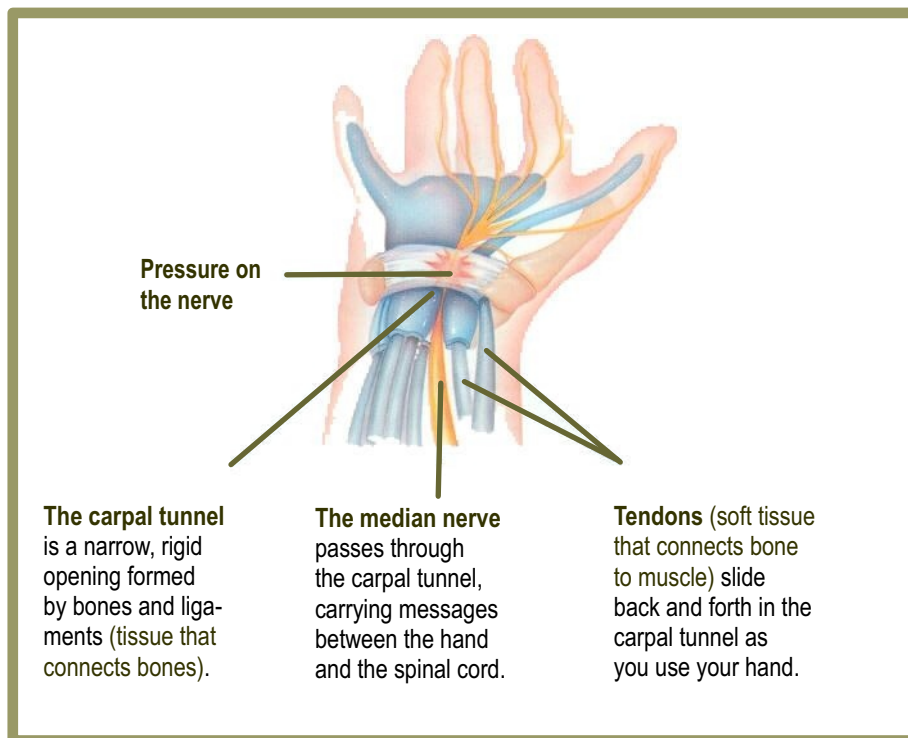
Alderete Chiropractic

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What Is Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) is a painful nerve problem that interferes with the use of your hand. It occurs when tissue or bone puts pressure on the nerve that runs from your neck through your wrist to your fingers. At first, you may have numbness, tingling, or burning in your hand.

Shooting pain in your wrist or forearm may follow, and your grip may become weak.



What Causes CTS?

Wear and Tear

Repeated hand movements-such as working on an assembly line, at a computer, or with power tools-can cause the tendons to become inflamed and press the nerve against the carpal tunnel.

A Misaligned Joint

An injury to the wrist or arthritis in the wrist joint can cause a bone to protrude into the carpal tunnel. The tunnel becomes narrower, putting pressure on the median nerve. An injury to the neck can also cause the median nerve to swell and press against the tunnel.

Fluid Retention

Fluid retention (edema) can cause the tissue in the carpal tunnel to swell and press on the median nerve.