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thrive chiropractic
wellness centre

Carpal Tunnel Syndrome

One of the most common complaints I see in the office is wrist pain after prolonged computer use. Sometimes this pain is due to problems in the neck and is just felt in the wrist and hand. Other times, the problem is coming from the nerves and tendons in the wrist. A comprehensive physical exam can easily distinguish between these two conditions.

In the case of wrist pain or numbness, one of the most common conditions is carpal tunnel. Nerves and tendons of the forearm and hand run through "tunnels" - an enclosed space. When these tendons are strained from repetitive overuse (such as mouse use)

they get inflamed and swell, thereby compressing the nerves. This can result in pain, stiffness and numbness in the forearms and hands.

Chiropractic treatment has shown to be effective for these conditions, thereby reducing the need for surgery. Besides treating the muscles, joints and nerves of your forearms and hands, your chiropractor will provide you with stretching and strengthening exercises for self-management, and ergonomic advice to reduce the recurrence of this problem.

Contact your Vancouver chiropractor for more information.

Office Setup Tip #1

Keeping in line with our carpal tunnel discussion, our first office setup tip revolves around your computer mouse. Help reduce the stress on your wrist, shoulder and neck by installing a pull-out tray. Placing your keyboard and mouse on this tray will stop you from leaning forward onto your mouse hand,

thereby developing carpal tunnel, neck strain or headaches. This small modification can make a huge difference.

Upcoming Office Closures

Dr. Debbie Wright will not be in the office Saturday January 12th

Otherwise, there are no office closures to report.

Topics in this issue:

- Carpal Tunnel
- Office Setup Tip
- Upcoming office closures

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