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*thrive* chiropractic  
wellness centre

## Carpal Tunnel in Pregnancy

Carpal Tunnel Syndrome is a very common complaint amongst pregnant women and new mothers alike.

In pregnant women, body biochemistry and hormone levels lead to a higher level of whole-body edema (or swelling). The main nerve involved in carpal tunnel, the median nerve, runs through confined tunnels in the wrist.

The increased swelling in pregnancy can cause this nerve to be compressed in its tunnel. This compression can cause pain, numbness and weakness most commonly in the thumb and first two fingers on the palm side.

In new moms, the increased demands of carrying a new baby, changing them and feeding them can stress the

tendons in the wrists. These tendons run in the same tunnels as the median nerve. When these tendons are inflamed and swollen, they cause the same compression described above.

So, what can be done? Proper mechanics for handling the baby can help, as can some simple stretches for the wrist. Chiropractic care can help to reduce the strain on the wrists, and to ensure the nerve heals quickly and completely. If you are having a lot of pain or numbness upon waking, some splints for your wrists may help to stabilize them.

If you'd like any further information, feel free to [contact](#) our [Vancouver Chiropractor](#).

## Massage Fees Have Changed

Massage fees for [registered massage therapy](#) have changed. As of November 1, 2008, the fees have been changed in order to bring them into line with the recommended fees of the Massage Therapy Association of BC.

Both John Yamashita and Katrina Smith will be adopting the new fees, which are as follows:

Please note that all fees are inclusive of GST.

30 minutes: \$50

45 minutes: \$70

60 minutes: \$90

90 minutes: \$130

## Upcoming Office Closures

Chiropractic care will not be available November 7<sup>th</sup>, and November 8<sup>th</sup>. Regular schedule will resume Monday

November 10<sup>th</sup>, We will be open for chiropractic and massage therapy on November 11<sup>th</sup>.

### *Topics in this issue:*

- Carpal Tunnel in Pregnancy
- Massage Fees Changed
- Upcoming office closures

### Practitioners:

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