

Carpal Tunnel Syndrome

What is it?

Carpal Tunnel Syndrome symptoms include tingling, numbness, weakness, or pain in the fingers, thumb, hand and/or arm.

Many people first experience “wake-n-shake,” tingling and/or numbness that wakes you up and eases when you shake your hands.

The discomfort caused by symptoms results in lost work hours for many people.

What causes it?

It is thought that situations that put pressure on the median nerve and decrease its blood supply can lead to the symptoms listed above.

Traditional Treatment Options

Non-surgical treatment can include bracing, stretching, strengthening the wrists and arms, medication, changing the way you do things and avoidance of activities that aggravate the symptoms. Surgery on the nerve at the wrist is an option usually reserved for cases that are disabling or that didn't respond to other treatment.

The Complete Approach

Dr. Davis, through his educational and clinical experiences, has found that there are seven places for the nerve which causes tingling, numbness, weakness or pain in your hands to become impinged. They are:

- Neck
- Near the collarbone and first rib
- 2 places around the shoulder
- 2 places around the elbow
- Wrist

In many cases, the nerve is impinged in more than one of these places. To achieve true relief, you must get to the root cause(s) of the problem.

Treatment at Complete Spine & Headache Center for carpal tunnel syndrome includes:

Chiropractic Adjustments to affected areas in the neck, shoulder, elbow and wrist to reduce any mechanical stress that may be affecting the nerve.

Low Level Laser Therapy is used in more difficult cases to help decrease inflammation, improve circulation, and “reset” the function of the nerve. Many patients report some if not significant improvement after just one treatment with the laser.



Anthony . Davis, D.C.
Complete Spine & Headache Center
4611 Mortensen Rd., Ste. 103, Ames
515.292.4988 or 866.902.4988
Info@CompleteHealing.com
www.CompleteHealing.com
Hours: 11am-1pm M, W, F
2:30-6:30pm M-F