

Carpal Tunnel



Toolbox Talk #35

What is Carpal Tunnel?

Carpal Tunnel results from repetitive motion of moving your hands or wrist. This is especially common when the individual's hands are often below their wrist. By conducting these repetitive motions, pressure is applied to your median nerve. This nerve runs through a passage in the wrist called "the carpal tunnel" and ends in the hand. Carpal Tunnel may also be a result of other conditions such as hypothyroidism, obesity, and rheumatoid arthritis.

Symptoms of Carpal Tunnel?

Burning, tingling, or itching in the palm of your hand, thumb, or fingers

May wake up in the morning with numbness and tingling in your hands that may run all the way to your shoulder

Dropping things - due to weakness, numbness, or loss of proprioception

How to Prevent Carpal Tunnel?

Avoid flexing and extending your wrists repeatedly

Use a splint or brace that helps keep your wrist in a neutral position

Correctly position your hands and wrists while working and keep your wrist straight

Talk to your doctor about exercises that may help

