

## Understand and Cure Carpal Tunnel Syndrome

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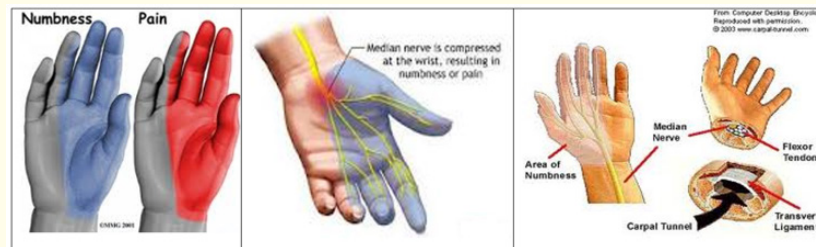
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Carpal tunnel syndrome is the most common neuropathy, and pain, limitation of activities of daily living, loss of sleep and work disability. Prevalence of Carpal tunnel syndrome in general population is 3.72%. causes due to the compression of median nerve at the wrist. The common symptoms of the syndrome are considerable discomfort



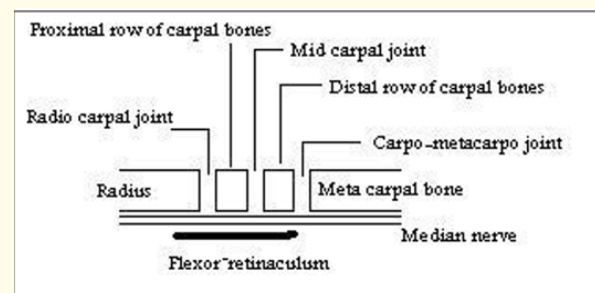
**Figure 1**

### Reason for the carpal tunnel syndrome

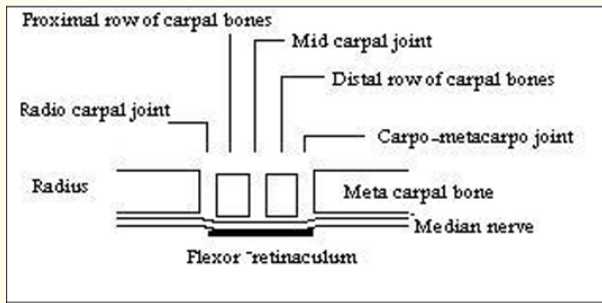
All hand activities of human being strengthen the flexor muscles of the forearm and lead to hypertrophy of flexor muscle. The hypertrophy of the flexor muscles inserts an anterior pull on the carpal bones and leads to anterior subluxation of the carpal bones and mid carpal joint. This leads to reduction in the cross-sectional area of carpal tunnel and total volume of the carpal tunnel. This leads to compression of the nerve at carpal tunnel. Abnormal positioning of the carpal bones further stretches and traps the nerve.

### Curative treatment and prophylaxis for carpal tunnel syndrome

Weakness of the wrist extensors leads to anterior subluxation of the carpal bones is cured by the static strengthening of the wrist extensor muscles. This strengthens the posterior stabilizers of the wrist.



**Figure 2:** Normal median nerve path through carpal tunnel.



**Figure 3:** Stretching and compression of the median nerve at carpal tunnel during carpal tunnel syndrome.



**Figure 4:** Hold the hand in extension for 30 seconds two times Bd for a week.

The static strengthening of wrist extensors strengthens the stabilization power of the wrist extensors. The increase of the stabilization power of the wrist extensors automatically corrects the position of the carpal bones and relieves the stretching and compression occurred on the median nerve at carpal tunnel.