



Living with Carpal Tunnel Syndrome

Carpal Tunnel Syndrome is a condition that occurs when there is excessive pressure on the median nerve. This pressure is exerted by inflammation and swelling in the wrist that restricts blood flow.

There are many reasons why you may be experiencing these symptoms. Some causes may include:

- Diabetes
- Thyroid Dysfunction
- Fluid retention from pregnancy or the menopause
- High Blood Pressure
- Autoimmune disorders such as rheumatoid arthritis
- Fractures or trauma to the wrist



You may experience a variety of symptoms when living with your condition. These include:

- Aches or pain in your fingers, hand or arm
- Tingling, pins and needles, numbness
- Weak thumbs or difficulty gripping



Depending on the severity of your condition, Carpal Tunnel Syndrome can be very debilitating. Try to minimise the activities you believe are causing the condition; any strenuous movements of the wrist should also be avoided.

Try to avoid:

- Excessively playing musical instruments
- Using computer mice and keyboards
- Hairdressing and using scissors
- Chopping e.g. kitchen, gardening etc.
- Intensive exercise that applies excessive pressure to the wrist joint
- Using vibrating tools such as sanders and lawnmowers
- Cycling
- Racket or bat based sports

Need help deciding on a wrist splint?

Telephone: 01329 848658

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Easing the Pain

Wearing a Wrist Splint for Carpal Tunnel

Orthopaedic braces such as the Advanced and Breathable wrist supports provide excellent pain relief when it comes to Carpal Tunnel. Splints act as a means to rest your wrist and restrict movement keeping the joint rigid, alleviating any pressure.

Many people report that wearing a splint at night helps them sleep. This is because the metal bar keeps the wrist joint rigid, preventing movement that causes pain while trying to sleep.

Wearing a splint also increases your choices to undertake activities made impossible by Carpal Tunnel Syndrome. While we recommend you continue to remain cautious, daily tasks such as cooking, gardening etc. will not be as difficult. If you wish to drive when wearing a wrist brace, please contact your driving insurance company to check your coverage.

At Actesso, we have an array of supports you can choose from, each built from the ground up to meet people's particular needs. Be sure to check out our catalogue ([link at the bottom of the page](#)) to find the best splint for you!

Stretches

There are many exercises that you can do that can alleviate pressure and reduce any pain you might be experiencing. We're going to share three below that we believe could help.

Raise an affected arm in front of your body in an outstretched position, so that it is shoulder level and your fingers are pointing upright. Using your hand on the other arm, grip the fingertips and lightly pull them towards your body until you feel stretching underneath the wrist. Please see the image to the right for reference. Hold for twenty to thirty seconds, then change arms.



For this exercise, ensure that you are sat down. Sit in an upright position. Extend both arms outright and so that your palms are facing the floor. Keeping your palms level and facing down, turn your hands in an outward motion, away from each other. You should feel a stretch in the wrist area. Hold for five to ten seconds and repeat once or twice.



The final exercise we recommend is simple but effective. Use a soft ball (this could be a "stress relief or tennis ball"). Hold the ball in your hand and grasp firmly, squeezing and releasing slowly. Repeat five to ten times.

