

CARPAL TUNNEL REMEDIES



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Find out ways to treat carpal tunnel syndrome, including medicine, physical therapy, complementary treatments, and surgery.

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Traditional treatments for carpal tunnel syndrome. Your doctor may also recommend surgery to relieve pressure on the nerve. This typically involves making one or two incisions in the area affected and cutting the ligament involved. This will release the nerve and increase the space around the nerve.

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Home Remedies for Carpal Tunnel Treatment Reader's Digest

When home remedies don't work. Alternatively, surgery will usually cure carpal tunnel. Modern surgical techniques, mini open surgery or endoscopic surgery allow us to give the vast majority of patients near-complete relief of their symptoms if they have not waited too long and developed permanent nerve injury, says Dr. Clark Hay.

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Carpal tunnel syndrome Diagnosis and treatment Mayo Clinic

The goal of carpal tunnel surgery is to relieve pressure by cutting the ligament pressing on the median nerve. The surgery may be performed with two different techniques: Endoscopic surgery. Your surgeon uses a telescope-like device with a tiny camera attached to it (endoscope) to see inside your carpal tunnel.

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10 natural and home remedies for carpal tunnel syndrome

Carpal tunnel syndrome is a common condition that causes numbness, tingling, and sometimes pain in the fingers and the hand. Carpal tunnel syndrome (CTS) ranges from mild to severe. Proper treatment can often restore the functioning of the hand and wrist and relieve symptoms. The condition affects between 4 and 10 million Americans. Home remedies may help to manage and ease the symptoms of mild to moderate CTS.

However, severe CTS may require surgery.

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Ease Carpal Tunnel Pain Home Remedy and Natural Relief

Treatment for Carpal Tunnel Syndrome. While a doctor may prescribe pain relievers, administer cortisone shots, or even recommend surgery, there are many complementary steps that you can take to help ease discomfort as you heal. Whether the root cause is rheumatoid arthritis, diabetes, or something else, there's a lot you can do to help relieve the symptoms of carpal tunnel syndrome.

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