CTS (carpal tunnel syndrome) is one of the most common conditions affecting the nerves of the hand. It is estimated that almost 5% of women and 3% of men have CTS. [***American Family Physician***](http://www.aafp.org/afp/2011/0415/p952.html)**2** estimates that from 3% to 6% of adults in the general population suffer from carpal tunnel syndrome

negatively affect lifestyle if left untreated. In worst case scenarios, the median nerve can become severely damaged and result in total loss of movement within the affected hand.

Possible tests

* **Phalen's test** (wrist-flexion) - the patient is asked to press the backs of the hands against each other so that the wrist is bent. If within one minute there is tingling or numbness it could indicate damage to the median nerve.

## What are the treatment options for Carpal Tunnel Syndrome?

**Control the triggers** - if your CTS is caused by repetitive hand movements, make sure you have plenty of break periods so your hand and wrist have time to rest and recover. An occupational therapist might be able to teach you how to carry out those tasks differently.

## Preventing Carpal Tunnel Syndrome

* **Don't overbend your wrist** - do not bend your wrist all the way down or up, go for a middle position. Sleep and work with your wrists straight. Avoid repeated flexing and extending of your wrists.

http://www.webmd.com/pain-management/carpal-tunnel/tc/carpal-tunnel-syndrome-safe-posture-and-movements-topic-overview

posture-

Repeated hand and wrist movements, especially if they are done in awkward positions such as with the wrist bent forward or back, can cause swelling or thickening of tissues within the carpal tunnel

* Keep your shoulders relaxed and not raised.
* Your wrists and hands should be in line with your arms. Your wrists should not be twisted or bent for long periods of time.