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

* **Tinel's test** (Tinel's sign) - the doctor taps the median nerve at the wrist lightly to see whether the patient feels numbness or tingling in one or more of the fingers. The UK [**National Health Service**](http://www.nhs.uk/Conditions/Carpal-tunnel-syndrome/Pages/Diagnosis.aspx)**8** says that this test may be helpful, but is not reliable.

* **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?

**Resting the hand and wrist** - the more you rest your hand and wrist the greater the chance of relieving the symptoms.

**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.

* **Posture** - wrong posture can lead to maneuvers that place undue strain on the wrist and hands.

* **Redesign your workstation** - good workstation design reduces unnatural and awkward wrist positions. Talk to your employer about this.

* **Remember to rest** - taking frequent breaks when performing a task will help protect you from the long-term effects, especially if it is a task you have to do frequently.

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.