

Treatments We Offer

Listening, observing, and palpating tell us where to go and what to do, far more than an MRI or X-ray. Experience and training guide us in knowing what interventions will likely work best for each individual. These may include:

- ◆ **Fascial Manipulation®:** Targeted soft tissue techniques aimed at restoring pain-free mobility to tissue layers.
- ◆ **Dry Needling:** For resolution of fascial densifications, fibrosis and myofascial trigger points that cause pain and limit motion.
- ◆ **Movement Re-education:** Using verbal and tactile cuing to retrain the trunk and extremities in normal movement patterns.
- ◆ **Individualized Exercise:** Not an impossible long list to do for the rest of your life, but a few key exercises to sustain gains.
- ◆ **Education:** Learning how to get and stay out of pain and dysfunction.



Explore Your Options.

Learn more about the non-pharmacological and non-surgical options we offer:

- ◆ **Call** and speak with one of our therapists.
- ◆ **Go to our website**—it's loaded with information!
- ◆ **Visit** one of our offices and pick up an Informational brochure.
- ◆ **Schedule a screening**—15 minute consultation with a therapist, free of charge.
- ◆ **Schedule an evaluation** - for the first time, or if it's been a long time. We are constantly learning new approaches to better serve you.

In many cases a referral is not necessary, and insurance may cover.

Se habla español

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Appalachian Physical Therapy
"Always Getting Better"

Carpal Tunnel Syndrome



*No More Pins
&
Needles*

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Wrist Popping Facts

- Carpal Tunnel Syndrome (CTS) is a common condition affecting 1 out of 20 Americans.
- Assembly line workers are 3 times more likely to develop CTS than those who perform data entry work.
- More than 25% of women experience CTS during their third trimester of pregnancy due to fluid retention.



Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) results from pressure on the median nerve as it passes through the tunnel made by the bones and ligaments of the wrist. This pressure may be caused by:

- Increased or excessive use or work with the hands in a light or heavy manner.
- Trauma or injury to the wrist and/or hand
- Tendon irritation
- Fluid retention (i.e. during pregnancy)
- Cysts, tumors or bony deformities in the wrist
- Diseases such as arthritis, diabetes, overactive pituitary gland, or hypothyroidism

Signs, Symptoms and Diagnosis

CTS usually begins with sensations such as burning, tingling, “pins and needles,” or numbness in the palm and fingers. Initially, most individuals report waking in the night having these sensations. As CTS progresses, symptoms become more noticeable during the day and become worse when grasping an item. Due to the loss or altered feeling of the hands, gripping objects may become more difficult.

Although one may report having CTS to their primary care physician or physical therapist, a thorough examination of the neck and upper extremities may reveal that the pain was actually coming from somewhere else in the body. The body’s interconnected tissue (fascia) can often become locked up and prevent the body from moving properly. This causes the tissues to become pulled in other areas, such as in the wrist creating CTS.

Other tests that may be done to test for CTS are...

- ♦ Grip Strength of fingers and thumb
- ♦ Sensory test
- ♦ Diagnostic maneuvers or special tests
- ♦ Xrays



Evaluation with a Physical Therapist

Physical therapy can be very beneficial in the treatment of CTS. Effective care begins with a thorough musculoskeletal evaluation by a physical therapist which should include assessment of:

- Joint mobility in the neck, shoulder, elbow, and wrist.
- Patient history
- Muscle flexibility in the same areas.
- Strength throughout the shoulder girdle.
- Nerve flexibility and irritability in the neck, arm, and shoulder region.

Based on these findings, an individualized treatment program can then be developed and begun. This may include:

- Stretching specifically targeted at tight structures
- Strengthening exercises to increase muscular control throughout the arm.
- Modalities such as cold, ultrasound, and iontophoresis to decrease pain/inflammation
- Home exercises for future self management.
- Splinting the wrist in a neutral position to decrease pressure within the carpal tunnel.