



## HOW TO AVOID CARPAL TUNNEL SYNDROME WHAT IS CARPAL TUNNEL SYNDROME?

Carpal Tunnel Syndrome is a result of pressure on the median nerve in the wrist. If any of the symptoms listed below occur, seek medical attention.

- o Numbness and tingling (usually in the thumb, index, and middle finger)
- o Weakness in hand and wrist
- o Pain in hand and wrist
- o Aching in the hand, wrist and forearm
- o Clumsiness when using your fingers

### POSITIONING

To reduce your risk for developing Carpal Tunnel Syndrome, follow these guidelines when doing repetitive tasks:

#### \_ Do:

- o Keep your hand in a straight line with your wrist.
- o Minimize speed and force during repetitive tasks.
- o Take frequent breaks or alternate tasks
- o Move your arm in large circles forward and backward to increase blood flow



#### \_ Do Not Use the Following Positions for Long Periods of Time:

**Flexion**

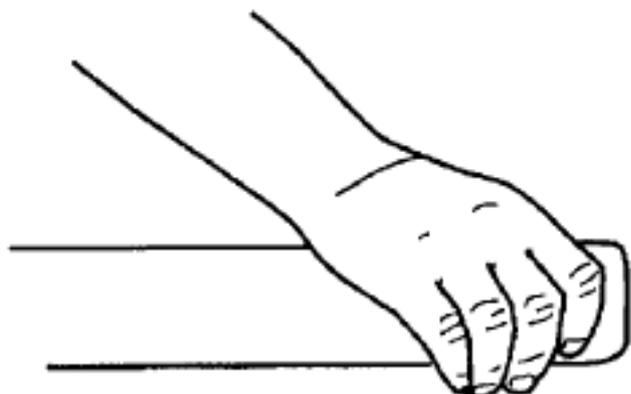


**Hyperextension**



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**Pressure on palm of hand**



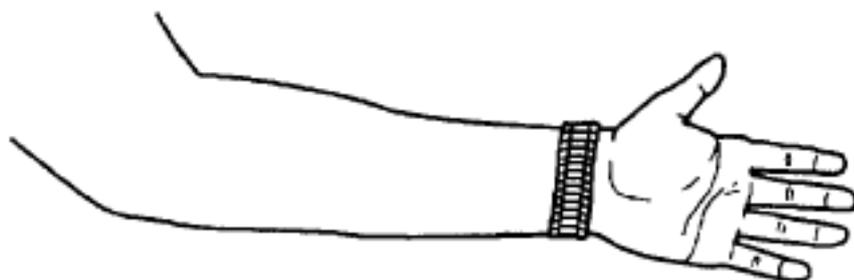
**Supination**



**Ulnar Deviation**



**Wearing a tight item around your wrist**



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**Continuous Grip**

