

## Decreasing Carpel Tunnel Pain Naturally

If you are finding that when you are at your computer typing away you experience pain or discomfort in your hands, wrist, and shoulders, you are not alone. You, like many, could be experiencing symptoms of Carpel Tunnel Syndrome. Carpel Tunnel Syndrome results in the highest number of days lost among all work-related injuries. How many days? Almost half of all Carpel Tunnel Syndrome cases result in 31 days or more of work loss. What's even more surprising is that surgery for Carpel Tunnel Syndrome is the second most common type of surgery in the United States. It was also found that the failure rate of CTS surgery after one year was 72.6%.

What can you begin to do if you are experiencing Carpel Tunnel Syndrome symptoms? Implementing small changes can make a big difference. Examine your office environment and evaluate your ergonomics:

1. **Mind your posture at the computer.** Keep your eyes level with the screen. Ideally your screen should be two feet away from you and the top of your document should be at eye level. Set up your keyboard so that it is flat or slightly elevated.
2. **Limit use of mouse.** Hold mouse without bending wrist. Keep mouse as close to the keyboard as possible and move it with your arm, not wrist. Wrists should not bend side to side. Hold the mouse lightly, don't grip it hard or squeeze it. When typing it is recommended not to let your wrist rest on anything.
3. **Take short breaks every 15-20 minutes.** Taking breaks away from the computer can be helpful. Pace and plan your computer work.
4. **Keep elbows bent at a 90-degree angle while using your keyboard or writing.**
5. **Ears, hips and shoulders should line up vertically.** Do not slouch in your seat or hunch over to read the font. Consider enlarging the font size so you don't need to strain to see the screen.

There are also many non-surgical methods to help Carpel Tunnel such as Muscle Activation Techniques, acupuncture, and supplements such as B6. Researching alternatives and correcting the cause of the Carpel Tunnel can provide the best long lasting relief.

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