

Carpal Tunnel Syndrome & UCC

Carpal Tunnel Syndrome (CTS) is a debilitating disorder caused by irritation or pressure to the median nerve which originates in the neck, runs through the shoulder, arm and forearm, and into the wrist and hand.

CTS is often described as an aching pain with burning, tingling, and numbness in the wrist or hand and, occasionally, in the forearm. In some cases, muscle weakness, swelling and loss of temperature sensation may be present.

What Causes Carpal Tunnel Syndrome?

Stress to the median nerve commonly begins in the neck, where the median nerve begins. The nerve is then aggravated by added pressure anywhere from the neck to the wrist, causing symptoms in the hand and fingers. This is called **"Double Crush Syndrome"** and is widely referenced in the scientific and medical research journals as a consistent finding in patients with carpal tunnel syndrome.

Common Medical Treatments

The standard medical treatments for CTS include braces, splints, over-the-counter or prescription non-steroidal anti-inflammatory drugs (NSAIDs), vitamin B6, cortisone injections, or surgery. Unfortunately, drugs have potential side effects, and surgery is not always successful.

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

Upper Cervical care will correct misalignments in the neck that produce irritation to the nerve roots that extends to the wrist, hands and fingers. Clinical findings document that this can prevent the need for surgery.



SCAN HERE FOR REFERENCES



If you currently suffer from CTS and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
onetemplewellness.com