

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Wrist troubles?

Pain in your wrist means there's a problem in your wrist, right? Actually, we take a larger view, looking for nerve interference in several possible places, especially in the neck.

Double Crush: No, it's not the latest wrestling move! Double Crush occurs when nerves going to or from the wrist are pressured in the carpal tunnel *and* the spine, shoulder, neck or elbow. Resolving carpal tunnel problems requires looking beyond the wrist.

The Tunnel: The eight small bones that run from your knuckles to your wrist are called carpals. They form a "tunnel" for the nerves and tendons that control your fingers to pass through. If any of the bones forming this tunnel loses its proper alignment, nerve pressure, inflammation, and pain can result.

Chiropractic May Help: In carpal tunnel cases, chiropractic adjustments often produce excellent results. If you have wrist pain, conduct these simple tests.

Test 1 - Phalen's Maneuver

The most helpful test for Carpal Tunnel Syndrome is Phalen's Maneuver.

Firmly hold the backs of your hands together with your fingers pointing down, while keeping your arms parallel to the floor. If within a minute, you experience numbness, tingling, pain or a combination, you likely have nerve involvement.

Test 2 - Tinel's sign

Another test is Tinel's sign.

Use your finger to repeatedly tap the volar carpal ligament, the ligament just under the skin in the centre of your wrist. If the tapping elicits numbness, tingling or pain, then you may well have carpal tunnel syndrome. Often, a series of regular chiropractic adjustments can be very helpful in resolving this type of condition.