



Physical Therapy and Hand Center, L.L.C.

# Preventing Carpal Tunnel Syndrome in the Workplace

The incidence of Carpal Tunnel Syndrome (CTS) is higher in office settings than most other professions. CTS occurs when the median nerve in the wrist is compressed by inflamed finger tendons that pass through the tunnel. Help prevent CTS by following these guidelines:

- The height of the keyboard should allow wrists to be in a neutral or straight position. Use a padded wrist rest in front of the keyboard so that your wrists can rest comfortably when not actively typing.
- Stop typing every 30 minutes and stretch your hands and wrists. Spread your fingers wide and then ball them into a gentle fist. Repeat 5 times. Rotate your forearms palm up, then palm down 5 times. These exercises will help to increase circulation and reduce muscle fatigue.
- If you spend much time on the telephone, you need to switch to a headset. The headset will help to alleviate neck and upper back strain which decreases the circulation into the arms which can be a contributing factor in the development of CTS.
- When performing repetitive gripping activities, make every effort to keep your wrist straight. When the wrist is kept straight, this position produces the least amount of pressure in the carpal tunnel. Stop every 30 minutes and stretch your fingers and wrist backwards 5- 10 times to maintain flexibility.
- If you have numbness and tingling in the hands, primarily in the thumb, index, and/or long fingers or the presence of an electric-like shock in your hands, you may have CTS. Ask your doctor for a referral to a Hand Therapist and get proper treatment. A minor injury to the hand or arm can become a serious long-term disability if neglected.
- Various ergonomic computer keyboard, mouse and accessories can be obtained on the web through [Alimed Corporation](#) and [Ergo Contour Designs](#).

\* Please do not hesitate to contact us if you have questions \*

Owned by Sports Medicine Atlantic Orthopaedics



procarephand.com