

CARPAL TUNNEL SYNDROME

HEALTH ISSUES

Carpal tunnel syndrome is a common condition that causes pain, numbness, and tingling in the hand and arm. Women are twice as likely to develop Carpal Tunnel Syndrome (CTS) as men. In 1973, a breakthrough study demonstrated that cervical spine problems increased the incidence of CTS, a concept referred to as “double crush phenomenon”.

90% of all carpal tunnel patients were found to have nerve root irritation in their cervical spine, a condition known as double crush phenomena.

JOURNAL OF NEUROLOGY

Bland J, Rudolph S. 2003. Clinical surveillance of carpal tunnel syndrome in two areas of the United Kingdom. 1991-2001. *Journal of Neurology*,

A study in a British medical journal found evidence of cervical neuritis (nerve interference) in over 70% of all carpal tunnel syndrome patients.

THE LANCET

Upton A, McComas, A. The double-crush phenomenon in Nerve-Entrapment Syndromes. Aug 18, 1973

Women with Carpal Tunnel Syndrome show restricted range of motion demonstrating that the cervical spine is likely involved in individuals with Carpal Tunnel Syndrome.

JOURNAL OF ORTHOPEDIC AND SPORTS THERAPY

Isabel de-la-Llave Rincón, A. Fernández-de-las-Peñas, Women With Carpal Tunnel Syndrome Show Restricted Cervical Range of Motion. *Journal of Orthopaedic & Sports Physical Therapy*, 2011 Vol.:41 Issue:5 p.305-310

A research project on 91 patients demonstrated that chiropractic was equally as effective in reducing CTS symptoms as conventional treatment, but without the side-effect potential of ibuprofen on the stomach, liver, and kidneys.

Davis PT, Hulbert JR, Kassak KM, et al. “Comparative efficacy of conservative medical and chiropractic treatments for carpal tunnel syndrome: a randomized clinical trial” *Journal of Manipulative Physiol Ther.* 21.5 (June 1997):317-326.

38 CTS sufferers received chiropractic care. After treatment, results showed improvement in all strength and range of motion measures. Also, a significant reduction in pain and distress ratings was reported by all.

Bonebrake AR, Fernandez JE, Marley RJ et al. “A treatment for carpal tunnel syndrome: evaluation of objective and subjective measures” *Journal of Manipulative Physio Ther.* 13.9 (Nov-Dec 1990): 507-520

