

# CARPAL TUNNEL SYNDROME



## COMMON SYMPTOMS

- Tingling, numbness or pain generally in the thumb, index and middle finger.
- Often worse at night.
- Weakness of the hand.
- Aching in the forearm.
- Wrist pain.



## 5

## TIPS FOR MANAGING SYMPTOMS IN THE EARLY DAYS

- 1 Wearing a splint at night may help relieve symptoms.
- 2 Regular breaks - if daytime symptoms are present taking breaks or reviewing your working positions may help.
- 3 Exercises - nerve glides may be useful to relieve symptoms during the day.
- 4 Course of nonsteroidal anti-inflammatories discuss with your GP.
- 5 Cortisone - if symptoms don't settle you may benefit from an injection.

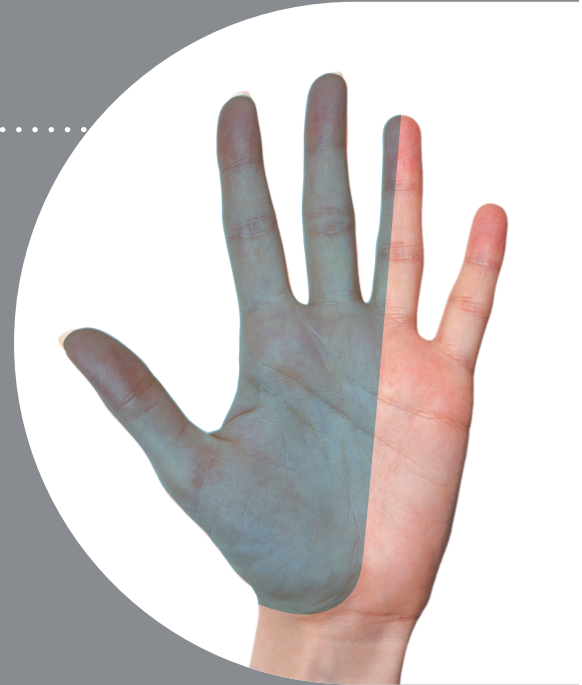


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