

Carpal Tunnel Syndrome Can Ruin Even The Best Planned New Years Resolution

When you have painful carpal tunnel syndrome (CTS), life can be miserable. Dreams and goals are often put on hold. What's worse, many CTS sufferers don't know what type of doctor to go to or where to get accurate, cutting edge advise.

Chiropractors are often thought of as just "back doctors" but research shows they can be a big help with CTS. For example, one study reported significant improvements in strength, range of motion, and pain reduction after chiropractic treatment was given to 25 patients diagnosed with CTS. Even better, the majority of the patients reported continued improvements for 6 months or more.

In another study, this time comparing chiropractic care to standard medical care between 91 patients with CTS, one group received standard medical care (night wrist splint and 2400 mg/day of ibuprofen). A second group received chiropractic treatment that consisted of spinal

and wrist adjustments, ultrasound, and wrist splinting at night. This study proved that chiropractic care could be included as a drug free form of therapy for patients with CTS.

Like all doctors' offices, care may vary from office to office. But, if you are looking for a Chiropractor who offers short term, affordable wrist and hand symptom care, or if you have questions, call Gastonia Chiropractor Dr. Lidia Adkins at 704-853-8000. And here's the best part: you can be seen immediately with no obligation to extensive treatment plans!

References

- 1) Davis PT, Hulbert JR, Kassak KM, Meyer JJ. Comparative efficacy of conservative medical and chiropractic treatments for carpal tunnel syndrome: a randomized clinical trial. *J Manipulative Physiol Ther.* 1998;21(5):317-326.
2. Bonebrake AR, Fernandez JE, Dahalan JB, Marley RJ. A treatment for carpal tunnel syndrome. *J Manipulative Physiol Ther.* 1993;16(3):125-139.

