

# 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

