



HEALTH & WELLNESS NEWSLETTER

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COMBAT YOUR CARPAL TUNNEL SYNDROME WITH PHYSICAL THERAPY

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YOU CAN GAIN RELIEF FROM YOUR WRIST PAIN

COME BACK TO PT!



Do you have pain in your wrist and hands? Do your forearms ache daily? Do you tend to feel numbness and tingling in your hand(s)? You may be suffering from carpal tunnel syndrome. At Ellis Physical Therapy, our physical therapists understand what it takes to help you get rid of carpal tunnel syndrome once and for all!

Carpal tunnel syndrome is a condition that can cause tingling and numbness in your fingers or hand. Usually, the symptoms are felt in the thumb and index fingers or middle or ring fingers. For some, the condition will progress and lead to weakness in the hand and cause people to drop items.

Unfortunately, many people think the only way to correct this condition is surgery. The good news is that physical therapy has been proven to be just as successful without the side effects. At Ellis Physical Therapy, we will safely and effectively treat your carpal tunnel symptoms. **For more information, call our office today.**

What causes carpal tunnel syndrome? Your carpal tunnel is a narrow channel located on your wrist just under the palm. It protects the median

nerve, as well as the tendons you use to bend your fingers. Carpal tunnel syndrome (CTS) results from too much pressure on the median nerve.

Sometimes, thickening from irritated tendons or other swelling causes the tunnel to narrow and compresses the median nerve. The result is typically numbness, weakness, or pain in the hand and wrist. As the condition progresses, it can lead to pain in the forearm.

When excessive pressure is put on the median nerve, it causes crowding and irritation of the carpal tunnel, making it difficult to do its job. This, eventually, is what leads to carpal tunnel syndrome. Assembly-line work is the most common source of carpal tunnel syndrome. However, those who perform jobs demanding extensive use of hand tools, keyboards, or the operation of heavy machinery are also at risk for developing carpal tunnel syndrome.

Essentially, any excessive fingers, wrists, hands, or forearms can cause carpal tunnel syndrome. Certain leisure activities have also been known to lead to this condition, such as sewing, playing string instruments, or participating in racquet sports.

SURGERY VS. PHYSICAL THERAPY

In some severe cases, surgery may be a necessary step in treating carpal tunnel syndrome. However, in most cases, physical therapy alone is enough to treat the condition completely. In particular, physical therapy, mainly manual therapy techniques, has comparable results in the long term and has improved results sooner. Manual therapy techniques speed up the results and have no side effects, and allow you to return to work and recreational pursuits faster.

Physical therapy takes a broad view of the condition and addresses all the factors associated with carpal tunnel syndrome. In addition to pain relief, physical therapy also addresses any restrictions in the tissue surrounding the carpal tunnel and strengthens the muscles throughout the entire upper extremity. Patient satisfaction is one of the most critical considerations when deciding whether or not to have surgery. Physical therapy has your best in this area! Patient satisfaction from physical therapy intervention is superior to that of surgery. Although both options result in long-term improvements, physical therapy will help you get there sooner and with greater overall satisfaction.

How physical therapy can help. Physical therapy is a safer, healthier, and more comfortable option for those experiencing carpal tunnel syndrome. At Ellis Physical Therapy, we will use manual therapy techniques to help treat your condition, alleviate your pain and restore tissue mobility. Your physical therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will guide you through a series of exercises designed to help the pain and weakness and return to your pre-injury abilities.



We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and restoring your function.

Physical therapy is the superior option for treating carpal tunnel syndrome and will provide the foundation for success while reducing future injuries!

Call to schedule an appointment today! Call our office today to schedule your initial consultation and get started on your journey toward better health, pain relief, and overall satisfaction! **Ellis Physical Therapy is dedicated to helping you achieve a pain-free life!**

Sources: <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-021-04378-3>
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Carpal-Tunnel-Syndrome-Fact-Sheet>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7117610/>
<https://www.jospt.org/doi/10.2519/jospt.2017.0503>

EXERCISE ESSENTIALS

*Flexibility, strength, and stability are needed to keep you loose and pain-free... **Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.***

WRIST EXTENSION STRETCH

Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.

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Patient Success Spotlight

"I've been doing PT with him for a couple of months now and have seen amazing results!"

"Dr. Ellis is incredible! Within the first 10 minutes of our meeting, he figured out why I was having problems. I've been doing PT with him for a couple of months now and have seen amazing results. The staff is incredibly friendly and helpful. I highly recommend going there if you want to receive the best PT treatment!" - **B.T.**



Call Us At (208) 266-2695 Today To Schedule An Appointment!

STAFF SPOTLIGHT

TYLER MARTIN, MS, PTA

Tyler Martin was born and raised in Idaho Falls, ID where she played basketball and softball for Idaho Falls High School. She continued to play softball at the collegiate level for the College of Southern Idaho and West Texas A&M University (WTAMU). During her junior year at WTAMU, they won the program's first NCAA DII National Championship title. Tyler got her Bachelor's and Master's degrees in Sports and Exercise Science. While completing her Master's degree, Tyler was a Graduate Assistant Coach for WTAMU's softball team. Being in the physical therapy field was always her long-term goal, so after moving back to Idaho she decided to go back to school for Physical Therapy Assistant at Idaho State University. She enjoys playing sports, camping, hiking, snowboarding, cooking, exercising, and annoying her husband. Tyler is married to Joel Martin and they have 2 dogs together.



Healthy Recipe

SMOKY VEGAN BACON



INGREDIENTS

- 1 large carrot
- 2 tablespoons maple syrup
- 1 teaspoon smoked paprika

- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon liquid smoke
- 2 tablespoons olive oil

INSTRUCTIONS:

With a mandoline or vegetable peeler, cut carrot into long, thin strips. In a shallow bowl, whisk maple syrup, paprika, garlic powder, onion powder, salt and liquid smoke. Dip carrot slices into syrup mixture, allowing excess to drip off. In a large skillet, heat oil over medium heat. Cook carrot slices in batches until browned, 4-6 minutes, turning once.

Source: <https://www.tasteofhome.com/recipes/smoky-vegan-bacon/>



COME BACK TO PT!

Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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