

## Do you have Carpal tunnel Syndrome?

Carpal tunnel syndrome is a common condition that causes pain, numbness, and tingling in the hand and arm. The condition occurs when one of the major nerves to the hand — the median nerve — is squeezed or compressed as it travels through the wrist. The Phalen's Maneuver is also known as the wrist-flexion test. Your doctor may have you do this test or do it on yourself. The doctor will tell you to press the backs of your hands and fingers together with your wrists flexed and your fingers pointed down. You will hold this position for 1 to 2 minutes. If your fingers tingle or get numb, you may have carpal tunnel syndrome. Tinel's Sign Test: Tap lightly over the median nerve at your wrist. This nerve runs through the carpal tunnel. If tapping causes tingling or shock-like sensations in your thumb, index, or middle fingers, it may indicate carpal tunnel syndrome. **The wellness team may be able to help with stretches and exercises if you have this condition, but of course seek your doctor out.**



**Solving problems before they happen.**