

THREE IN A SERIES

we-fix-wack-a-molers

and all other individuals who suffer from **carpal tunnel syndrome**



It's obvious you're a sucker for that age-old sport. But after far too many years of trying to keep that good old mole down, you've lost that spring in your wrist.

Lucky for you, David and his physio team know what it takes to get you back into walloping shape.

So stop in one of our newly transformed health centres whenever your body is letting you down.

What is carpal tunnel syndrome?

Carpal tunnel syndrome is common in individuals who perform repetitive wrist motions such as keyboarding, assembly or painting.

Repetitive strain causes swelling in a tunnel that is formed by the carpal bones of the wrist. This tunnel is a passage way for important structures, such as tendons and nerves, to enter the hand. This swelling pinches the structures. Pinching of one important structure, the median nerve, can cause numbness, tingling and weakness of the hand. Pregnancy may also cause swelling in this area leading to carpal tunnel.

Treatment for carpal tunnel includes reducing repetitive strain, ice, stretching and strengthening. Your Physiotherapist may also use manual therapy and modalities to speed recovery or may suggest a brace.

For more information and tips that can help you feel great visit we-fix-u.com.

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