

Carpal Tunnel Syndrome

Numb Tingling Hands

How can you get help?

You should speak to your doctor or contact the Rehabilitation Department in our facility for more information about enrolling in this program. A quick professional health evaluation is all you need to **start making your hands feel better.**



Numb tingling hands can be successfully treated in **over 68%** of people



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What do we know about numb tingling hands?

If you have numb tingling hands, you might have a type of nerve damage at the wrist called Carpal Tunnel Syndrome. It is a common problem resulting from any of the following: occupations involving repetitive hand movement, diabetes, pregnancy, arthritis, or being overweight. Women are affected three times as often as men, with the risk increasing with age.

What treatments work?

Until recently, Carpal Tunnel Syndrome has been treated primarily with a wrist splint, drugs or surgery. But medical research has discovered that using ultrasound waves and infrared therapy, combined with standard rehabilitation treatment, can reverse the symptoms of Carpal Tunnel Syndrome.

Who should try our program?

You or a loved one should try our program if you or they have:

- ▶ Numbness or tingling in the hands
- ▶ Hand or wrist pain that disturbs sleep
- ▶ Difficulty using or dropping small objects
- ▶ A previous wrist fracture
- ▶ Thumb or wrist arthritis
- ▶ Currently or recently pregnant

Enroll in our program today. By working together, we can treat the pain and numbness in your hands.

What can you expect in our program?

Your personal health care team will review your diet, fluid intake, and current medications for their effect on your blood sugar levels. Your hand strength and sensation will also be assessed.

Infrared Therapy and Electrical Stimulation for increasing circulation and decreasing pain

Infrared therapy, combined with mild electrical pulses can comfortably reduce pain and increase circulation to damaged nerves.

Ultrasound for decreasing pain and increasing hand strength

Comfortable high frequency ultrasound waves applied to the wrist has been shown to improve symptoms in 68% of people affected with Carpal Tunnel Syndrome.

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