

Carpal Tunnel Syndrome Information Guide

In Tradition Chinese Medicine (TCM) Carpal Tunnel Syndrome is overuse of the wrist, which leads to stagnation of Qi and Blood. From my experience it's possible to relieve carpal tunnel syndrome without surgery. After several sessions of Acupuncture, the pain should be relieved. In general one might need approximately 5-12 sessions. You must also take responsibility for your healing as well. You should do this by, resting your wrists after typing for 10-20 minutes. Then do some soft exercise. Rotate your wrist very slowly clockwise and counterclockwise about 5 minutes several times daily. Gently pull each finger straight out. It also helps to soak your hand up to the wrist in water as hot as possible. Add 1 cup of vinegar to improve circulation. Above all do not ice your wrist, even though cold can help relieve pain now, it can cause long-term problems later-especially arthritis. Cold can only freeze the sensation of pain; the pain its self is still there. Warm works better at relieving stagnated energy. According to TCM, wherever there is pain, there is energy blockage or energy stagnation. Heat increases energy flow and stimulates blood circulation, which helps relieve the pain. Ginger oil, Fennel or Pepper oils, are also warming. Gently massage these in to your wrist; wrap with a soft warm cloth.