***The Secret to Relieving Wrist Pain – How to Permanently Eradicate Carpel Tunnel Syndrome***

Wrist pain can become evident through many different causes and for anyone who suffers from wrist pain, it can truly impact the quality of life. Wrist pain can make it very difficult to perform the simplest of tasks, and because your wrists are such a versatile and highly used joint that perform.

The sources of wrist pain are vast. The wrist is very complex in its construction and other parts of the body like nerves, muscles, bones of the hand, fingers, forearm, upper arm, elbow shoulders and spine can be involved in wrist pain. Wrist pain can often be eased through non-invasive techniques or treatment options that doctors offer, and drug-free and surgery-free options are commonly available.

**Types of Wrist Pain**

Medical problems associated with the wrist might incur pain and other symptoms not just in your wrist, but the hand, arm and fingers too. Sensations linked to wrist pain include burning, tiredness, stinging, stiffness, soreness, tingling, numbness, unreasonable hot or cold sensations, as well as swelling and trouble with the movement of the wrist.

**Causes of Wrist Pain**

Wrist pain can be triggered by any of several different reasons. It can be caused by overuse, normal wear and tear, injuries, natural aging, or one of many systemic diseases. Accurate diagnosis should be sought if wrist pain persists, as early diagnosis makes it simpler to avoid more serious symptoms. Early diagnosis makes it more likely for a quick recovery and safeguards against long-term disability a reduced range of motions.

The list of causes of wrist pain is long, however, the most common causes are also the most researched and offer great treatment options. Here are some of the most common causes:

**Carpal Tunnel Syndrome**

One of the most well-known of causes of wrist pain, carpal tunnel syndrome occurs when pressure is put on the median nerve and can cause pain, numbness or tingling in the thumb and the closest next two fingers.

**Tendonitis**

Tendonitis is experienced as a sharp shooting pain. It is caused by inflamed tendons and is not restricted to just the wrist.

**Pinched Nerve**

A pinched nerve is when a nerve becomes entrapped by the surrounding muscle, bone, tendon or cartilage.

**Pronator Syndrome**

Pronator Syndrome occurs when the median nerve of the arm becomes crushed between the forearm muscles. Frequently mistaken for carpal tunnel syndrome, it includes the same nerve, but the compression is based at the elbow rather than at the wrist like CTS.

**Cubital Tunnel Syndrome**

Cubital Tunnel Syndrome happens when pressure is placed on the ulnar nerve of the hand, causing your fingers to become weak. The source point for this type of wrist pain, is the funny bone, in your elbow.

**Wrist Pain Caused by Injury**

Two main types of injuries can cause wrist pain, and they are sudden impacts like falling and repetitive stress injuries caused by things like typing.

**Wrist Sprain or Strain** is a minor injury that can usually be tended at home with ice, however, it’s important to have it checked out if pain persists for more than two or three days to rule out permanent damage.

**Anterior Interosseous Syndrome** is an isolated weakness of the muscle caused by anterior interosseous nerve damage, which can also lead to partial forearm paralysis.

**Dorsal Impaction Syndrome** is a condition common with anyone involved in activities that include hyperextension and weight bearing combinations, like gymnastics and weight-lifting.

**Overuse and Repetitive Strain** is caused by the overuse or lack of movement of the wrist for long periods of time. The wrist can become inflamed crushed between other surrounding tissues and can create any of the aforementioned symptoms.

**Arthritis.** Both rheumatoid arthritis and osteoarthritis can be associated with wrist pain.

**Standard Treatments for Wrist Pain**

There are many standard wrist pain treatments that you can do at home, and others that will be prescribed by your physician like drugs, however depending on the condition associated with the wrist pain, there could be many other treatments that include surgery and other alternatives.

*Home Treatments*

Home treatments are not designed to repair the wrist damage and should only be thought of as a pain relief method or temporary solution between treatments. Home treatments can include icing on the wrist, wearing a wrist splint or brace to help ease the pain and reduce swelling, applying hot or cold compressions and taking anti-inflammatory or pain relief drugs.

Other forms of simple treatment can include massage, and the rest, ice compression and elevation (RICE) method. If the pain is persistent, you should see your physician to discuss your options and treatment goals.

*Drugs - The Dangers of Drugs for Wrist Pain Treatment*

Conventional doctors often prescribe anti-inflammatory and opioid drugs for chronic pain, and although these drugs may give some relief, the risks associated with them outweigh the rewards. The relief found with anti-inflammatory and opioid drugs only provide temporary pain relief and allow the underlying issue to remain. Without the correct treatment, wrist pain will continue to return until the issue is rectified.

Medications like this usually have severe associated side effects, and anti-inflammatory drugs can put you at a much greater risk of stroke and heart attacks and can cause gastrointestinal issues, kidney problems and high blood pressure.

Although injected anti-inflammatory drugs like cortisone have effects that last up to six weeks, the drug reduces swelling around the nerve roots but still does not solve the underlying problem that causes the pain.

Opioids are also prescribed too often by physicians, and present larger problems for users than anti-inflammatory drugs, as they are highly addictive, and can have frightening side-effects.

*Surgery – The Last Option Scenario*

Although surgery for wrist pain is the last option, if the patient has persistent pain, their doctor may prescribe for surgery to get results. Surgery is usually only for the extreme cases where a solution can only be formed through an operation. Recovery from wrist surgery is complicated, painful and time-consuming, and will require substantial rehabilitation. Surgery is not recommended, except in extreme cases.

If you are suffering from persistent wrist pain, you should understand there are many safe and effective substitutes to medication and surgery, however, they will require persistence and faith in the doctors who are there to help you through the process.

# **The Secret to Relieving Wrist Pain**

**Chiropractic for Wrist Pain**

One of the most popular options for relief from wrist pain is the use of a chiropractor. Although a lot of people believe that chiropractic care is about forcing bones into place, however, there is much more to chiropractic care than meets the eye.

From your first consultation, your chiropractic physician will view your medical history, discuss your symptoms, and carry out a physical examination.  Often X-rays, MRI, or Bone Scans are required, and some chiropractors do this onsite.

The job of your chiropractor is to address the symptoms of the wrist pain, as well as assessing and eliminating the root cause of the pain. Modern chiropractors use a combination of both traditional adjustment techniques and a range of state-of-the-art devices which are safe, effective and affordable.

***Chiropractic Care***

One of the best strategies to treat wrist pain is to see a chiropractor. One of the main fundamentals of a chiropractic health system is vitalism (the origin of life is dependent on a force or principle different from purely chemical or physical forces), which identifies the body’s core life force that helps to guide the healing process.

Qualified chiropractic doctors are skilled in all aspects of musculoskeletal disorder management and many have broadened their therapeutic skills to include massage therapy and therapeutic exercise techniques, including yoga, tai chi and Pilates. Combining the ideologies of chiropractic care with these other alternative methods guarantees results.

Research shows that with chiropractic adjustments, the biological chemistry processes can be affected on a cellular level.

*Chiropractic Care Consists of Three Phases:*

* The acute phase returns the spine to the correct position to restore body balance.
* Body stabilization and the healing phase happens for approximately six weeks after the body balance is restored.
* Health maintenance phase is when the body begins to return to optimal health. Patients learn new ways to care for themselves, which assists in maintaining the stability of their spinal correction.

**Treatment Options**

***Chiropractic Alignment***

A chiropractor will manipulate and realign the bones in the wrist, arm and upper spine to help assist with wrist pain, such as carpel tunnel syndrome.  An adjustment performed by a chiropractor can help the body heal itself naturally by increasing circulation to the area. Alignment also helps to relieve tension from the nerves to reduce pain, increase recovery time and aid the range of motion of the wrist.

***Physical Therapy***

Through a system of precise exercises for wrist problems, chiropractic care can increase stability and strength and motion range, decrease pain, promote joint health, and protect against other injuries.  The therapy works by healing and strengthening the affected area that is causing the wrist pain.

***Yoga***

Yoga is an effective strategy for easing pain simply by becoming more aware of body movements and increasing muscle strength. It improves strength by remaining in specific positions and assimilating various movements. Strengthening of arm, hand and wrist muscles will help to sustain correct wrist posture and maintain a range movement, reducing wrist pain significantly.

***Massage & Muscle Therapy***

Massage has been around since ancient times as a therapeutic strategy. Massage and muscle therapy increases circulation and blood and aids in muscle recovery. It alleviates pain from soft tissue injuries and decreases muscle tension which improves flexibility and strength, reducing pain.

For sufferers of carpal tunnel syndrome, RSD, or any other form of wrist pain, eliminating pain is a priority. The real secret to eliminating wrist pain is in muscular-skeletal balance and elimination of the cause.