



Around the Office:

- Cinco de Miles Run May 1st in Bedford, NH!
- Ribfest 5 Miler June 19th in Merrimack, NH!
- Jen Ireland is attending a Manual Therapy course for treating Low Back Pain April 29th!

What is Carpal Tunnel Syndrome?

Carpal tunnel syndrome is a common condition that affects the wrist and hand. The major nerve that is affected with carpal tunnel syndrome is called the median nerve, which becomes squeezed when it passes through the wrist. This is similar to when you step on a hose to stop the flow of water. This squeezing can be due to swelling, thickening of tendons, or loss of motion in the already narrow space in your wrist known as the carpal tunnel.

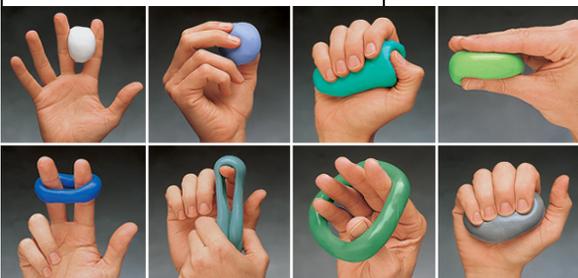
What does it feel like?

Symptoms are noticeable at night when the condition is in its early stages. As the condition progresses, the symptoms become more noticeable throughout the day.

- Burning
- Itching numbness
- Pain in palm (may shoot up to elbow)
- Weakness in hand and fingers
- Feeling the need to “shake-out” hand

What are the causes of Carpal Tunnel Syndrome?

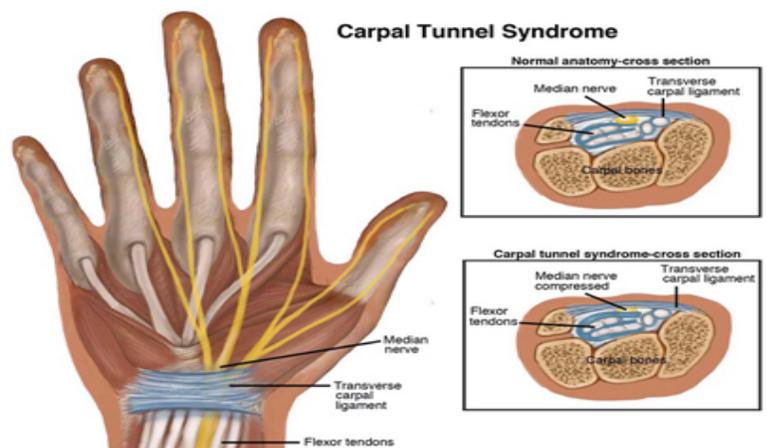
- Trauma/injury to wrist (strain, sprain, fracture)
- Inflammation/swelling
- Rheumatoid and degenerative arthritis
- Work stress (repetitive motions, i.e. Typing at a keyboard, working in an assembly line)
- Repeated use of vibrating hand tools or driving heavy machinery
- Fluid retention (i.e. pregnancy or menopause)



How can physical therapy help with Carpal Tunnel Syndrome?

CTS is very common and can typically be treated conservatively through physical therapy to help relieve pain and numbness without the need for surgery. Treatment will include:

- Stretching, nerve and tendon gliding
- Manual therapy - Graston, Dry needling
- Strengthening and dexterity training
- Splint/bracing
- Joint mobilization
- Modalities - paraffin, ultrasound, hot/cold packs



Sports and Rehab's Patient of the Month!



Nancy Hart has been a longstanding patient to Hampstead Sports and Rehab over the years for various sprains and strains, but most recently came to Sports and Rehab in early 2015 with complaints of bilateral neck and radiating shoulder pain, which was progressively getting worse affecting all forms of her functional activities and daily life. Nancy was first referred to physical therapy with a diagnosis of cervical arthritis, but after an initial evaluation with Rob Armata, PT, and other follow up visits with orthopedic surgeons, it was determined that the root cause was bilateral rotator cuff tears. Nancy decided to have her right rotator cuff repaired in early 2015 and after five months of continuous therapy and having an excellent outcome from surgery, Nancy decided to then have the left rotator cuff repaired.



While attending physical therapy for most of 2015, Nancy was given a thorough home exercise program consisting of stretching and therapeutic exercises, as well as attending a total of 35 physical therapy sessions for each surgery. Her care consisted of following a specific protocol which allowed for passive range of motion, then active assisted and active motion, and finally doing a strengthening phase for each shoulder. She had soft tissue mobilization with movement to help loosen the shoulder musculature, followed by a thorough manual stretching program. After Nancy's pain had subsided to a minimal level, she was given a variety of shoulder strengthening exercises, which were designed to help with both her activities of daily living, as well as recreational activities. Nancy has since progressed to a weight training program at home.



As a former principal in the Timberlane school district, Nancy has returned to work where she gives educational seminars around the country, helping teachers and administrators align their curriculums. All of us at Sports and Rehab wish Nancy the best in the future and are proud to say we have gained a lifelong friend!