



For Additional Media Information:
Emma Crumpley • Michele Krohn
Full Circle PR • 813.887.3277
ecrumpley@fullcircle-pr.com

Helpful Tips for Preventing Carpal Tunnel

Clearwater, FL - March 12, 2021 - Carpal tunnel syndrome is a common condition that causes numbness, tingling or weakness in your arm and/or hand. Common symptoms some may notice include- burning, weakness in the hand, trouble holding items and a tingling sensation that moves into the fingers. Contrary to popular belief, carpal tunnel syndrome is not only caused by typing, but it can also develop from everyday tasks such as gardening, turning keys or playing an instrument. Although carpal tunnel syndrome is not completely preventable, there are a variety of mindful practices you can incorporate into your daily routine to minimize your risks.

Take Breaks from Repetitive Movements: Carpal tunnel syndrome often occurs when you hold your hand and wrist in the same position for long periods of time. If you are completing a task that you know involves repetitive movements, make sure to take a few breaks for 10 to 15 minutes throughout the workday to allow for rest before developing any pain.

Stretch your Hands: Similar to the rest of your body, your hands can also be stretched to help prevent injury. A common stretching technique is to hold your arm straight out, palm face down, and slowly stretch your fingers toward your body. Hold for 20 seconds and repeat 2 to 4 times.

Loosen your Grip: When writing or using tools, it can be hard to notice how firmly you are holding the item you are using. By holding an item too tightly, you may be contributing to the wrist compression that is a risk factor of carpal tunnel syndrome. Make sure to keep a looser grip, as it relieves stress off of your nerves.

Maintain Proper Alignment: When setting up your work area, try to center your mouse, keypad or notepad as low as possible, without touching your legs, to keep your wrists in line with your forearms. A continuous bend in the wrist adds tension and pressure to the wrist, increasing your risk.

If you are struggling with carpal tunnel syndrome and are looking for a team of experts to get you back to a pain free lifestyle, schedule a consultation with one of our highly trained physicians today. You can schedule an appointment through our website at orthowestfl.com or give us a call at (727) 461-6026.

About Orthopaedic Associates of West Florida: With over three decades of established group experience, Orthopaedic Associates of West Florida and their Board-Certified physicians specialize in every area of adolescent and adult Orthopaedic services. OAWF merges state-of-the-art technology, unsurpassed physician skills, and a patient friendly atmosphere to provide a superior experience for all patients.

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