

A photograph of a physical therapist with a beard and a grey hoodie, leaning over a patient. He is performing a manual therapy technique on the patient's hand, which is resting on a blue table. The background shows a window with blinds and a red curtain with a repeating logo.

COMBAT CARPAL TUNNEL SYNDROME WITH PHYSICAL THERAPY



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with your smartphone camera and get started today!



Solving Carpal Tunnel Syndrome

Do you have pain in your wrist and hands? Do your forearms ache daily? Do you tend to feel numbness and tingling in your hand(s)? You may be suffering from carpal tunnel syndrome. At Boulet Physical Therapy, our physical therapists understand what it takes to help you get rid of carpal tunnel syndrome once and for all! Carpal tunnel syndrome is a condition that can cause tingling and numbness in your fingers or hand. Usually, the symptoms are felt in the thumb and index fingers or middle or ring fingers. For some, the condition will progress and lead to weakness in the hand and cause people to drop items.

Unfortunately, many people think the only way to correct this condition is surgery. The good news is that physical therapy has been proven to be just as successful without the side effects. At Boulet Physical Therapy, we will safely and effectively treat your carpal tunnel symptoms. For more information, call our office today.

WHAT CAUSES CARPAL TUNNEL SYNDROME?

Your carpal tunnel is a narrow channel located on your wrist just under the palm. It protects the median nerve, as well as the tendons you use to bend your fingers. Carpal tunnel syndrome (CTS) results from too much pressure on the median nerve. Sometimes, thickening from irritated tendons or other swelling causes the tunnel to narrow and compresses the median nerve. The result is typically numbness, weakness, or pain in the hand and wrist. As the condition progresses, it can lead to pain in the forearm.

When excessive pressure is put on the median nerve, it causes crowding and irritation of the carpal tunnel, making it difficult to do its job. This, eventually, is what leads to carpal tunnel syndrome.

Assembly-line work is the most common source of carpal tunnel syndrome. However, those who perform jobs demanding extensive use of hand tools, keyboards, or the operation of heavy machinery are also at risk for developing carpal tunnel syndrome. Essentially, any excessive use of fingers, wrists, hands, or forearms can cause carpal tunnel syndrome. Certain leisure activities have also been known to lead to this condition, such as sewing, playing string instruments, or participating in racquet sports.

SURGERY VS. PHYSICAL THERAPY

In some severe cases, surgery may be a necessary step in treating carpal tunnel syndrome. However, in most cases, physical therapy alone is enough to treat the condition completely.



In particular, physical therapy, mainly manual therapy techniques, has comparable results in the long term and has improved results sooner. Manual therapy techniques speed up the results and have no side effects, and allow you to return to work and recreational pursuits faster.

Physical therapy takes a broad view of the condition and addresses all the factors associated with carpal tunnel syndrome. In addition to pain relief, physical therapy also addresses any restrictions in the tissue surrounding the carpal tunnel and strengthens the muscles throughout the entire upper extremity. Patient satisfaction is one of the most critical considerations when deciding whether or not to have surgery. Physical therapy has surgery beat in this area! Patient satisfaction from physical therapy intervention is superior to that of surgery. Although both options result in long-term improvements, physical therapy will help you get there sooner and with greater overall satisfaction.

How Physical Therapy Can Help

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Physical therapy is a safer, healthier, and more comfortable option for those experiencing carpal tunnel syndrome. At Boulet Physical Therapy, we will use manual therapy techniques to help treat your condition, alleviate your pain and restore tissue mobility.

Your physical therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will guide you through a series of exercises designed to help the pain and weakness and return to your pre-injury abilities.

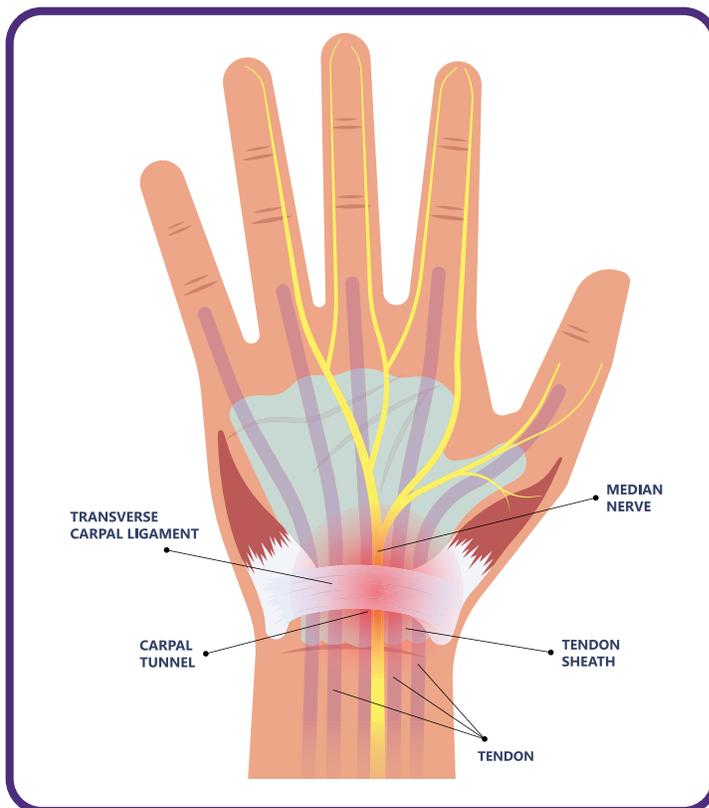
We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and restoring your function.

Physical therapy is the superior option for treating carpal tunnel syndrome and will provide the foundation for success while reducing future injuries!

CALL TO SCHEDULE AN APPOINTMENT TODAY!

Call our office today to schedule your initial consultation and get started on your journey toward better health, pain relief, and overall satisfaction! Boulet Physical Therapy is dedicated to helping you achieve a pain-free life!

Sources: <https://bmc-musculoskeletal-disorders.biomedcentral.com/articles/10.1186/s12891-021-04378-3> • <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Carpal-Tunnel-Syndrome-Fact-Sheet> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7117610/> • <https://www.jospt.org/doi/10.2519/jospt.2017.0503>



3 Reasons For Spring Cleaning



1 ALLERGY SYMPTOM REDUCTION. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.

2 CLEANLINESS PRODUCES HAPPINESS. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

3 DECLUTTER AND DO A GOOD DEED BY DONATING. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Source: Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." *Personality and Social Psychology Bulletin*. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

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ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness.

Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!

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Ends March 21st, 2023



Spring Pot Pie

INGREDIENTS:

- 1 lb Yukon gold potatoes, cut in bite sized chunks
- 2 c carrots, cut in half moons
- 3 tbsp olive oil, divided
- 1 onion, chopped
- 3 cloves garlic, chopped small
- 1 fennel bulb, chopped
- 1 c asparagus, chopped
- 1/4 c flour
- 1 tsp bouillon
- 1/2 c saved water
- 2 c cashew or almond milk
- 2 tsp dijon mustard
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 c peas
- 2 tbsp fresh lemon juice
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh tarragon, chopped
- 2 tbsp fresh chives, minced
- 1 package puff pastry dough

INGREDIENTS: Thaw puff pastry dough overnight in the fridge. Preheat oven to 425F. Blanch potatoes and carrots by covering with lightly salted water, and simmering for about 10 min. Save 1/2 c of the water. Dissolve bouillon in the 1/2 c of saved potato carrot water. Set aside. Sauté leeks, garlic, and fennel in 1 tbsp olive oil in an oven proof 10 in cast iron pan. Add asparagus and sauté a few min more. Add blanched veggies. Add remaining oil and, flour. Add the bouillon mixture and the nut milk, and stir. Add mustard, salt and pepper. Let the sauce come to a gentle boil. Turn off the heat. Add in peas, lemon juice, lemon thyme, tarragon and chives. Let the filling cool while you prepare the puff pastry top crust. Cut into the shape of your pan and lay over the cooled filling. Score the pastry with a sharp knife, and leave a vent hole in the center. Brush with olive oil. Turn oven down to 400F and bake for 20 min, then lower heat to 350F, and bake 10-15 more min, crust should be puffy and golden.