

# CARPAL TUNNEL SYNDROME

## Median Nerve - Functions

### Sensation

Median nerve is compressed at the wrist, resulting in numbness or pain.



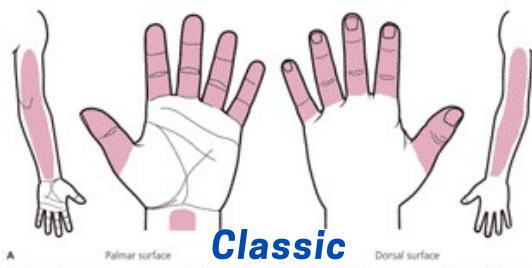
### Movement

Thumb in opposition

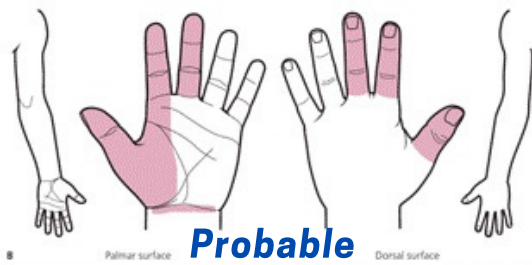


**What is it?**  
The Carpal Tunnel is a space in the wrist in which nine tendons and the median nerve pass from the forearm. When this nerve is compromised, it can result in numbness, tightness and pain in the hand and fingers.

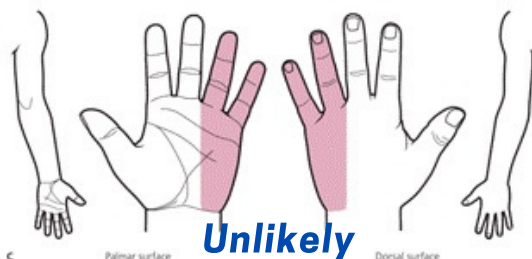
## Symptoms



Weakness and atrophy of the thumb muscles



**Numbness**



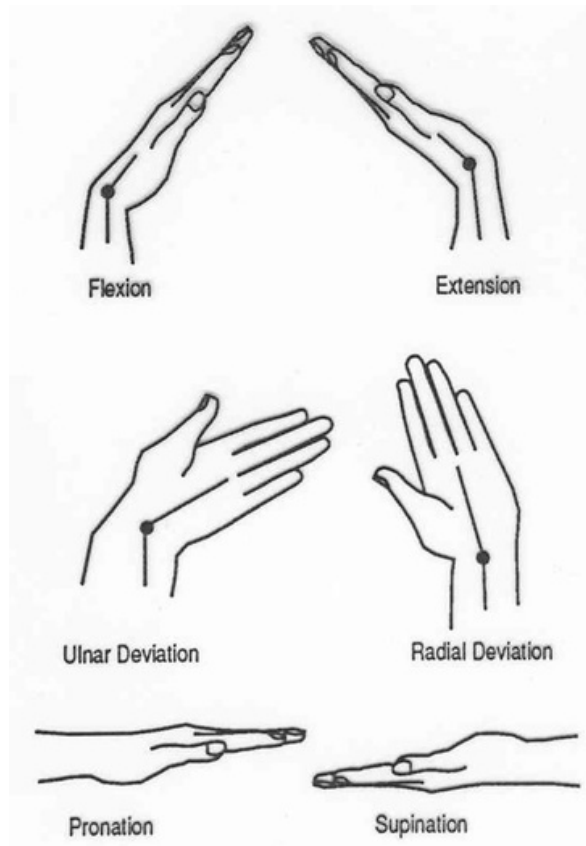
# Risk Factors

Carpal Tunnel Syndrome (CTS) is a relatively common disorder in people of working age. The peak age range is 45-60 years old and women are 3 -10 times more likely to be affected. There are a variety of medical conditions known to increase risk, including:

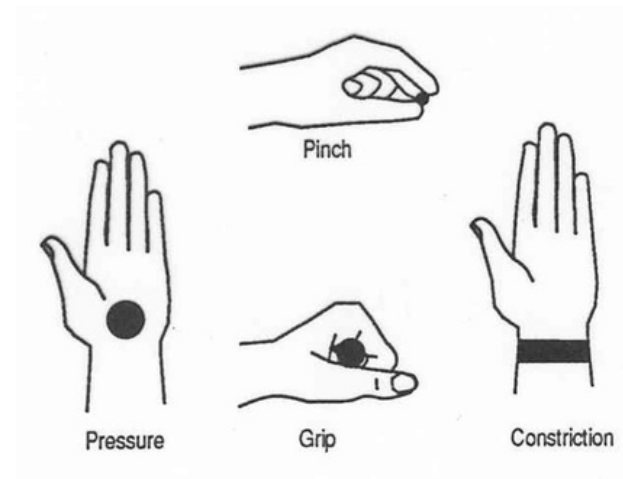
- \* Obesity
- \* Diabetes
- \* High Cholesterol
- \* Smoking
- \* Lifetime Alcohol Intake

Clear associations have also been established between CTS and workplace activities involving exposure to hand-transmitted vibration and/or repeated & forceful movements of the hand/wrist. Examples of stressors include:

## Motions



## Forces



*Your employees are struggling with movement-related pain, which often leads to increases in lost-time injuries, turnover and medical costs. At New Life For Work, our customized solutions identify and address these problems early to get you back to a thriving workforce.*



Powered by

solveglobal®

[www.newlifeforwork.com](http://www.newlifeforwork.com)