

Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the site of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

- **P - PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R - REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I - ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minutes, then every 3-4 hours at 5 - 10 minutes duration.
- **C - COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E - ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.



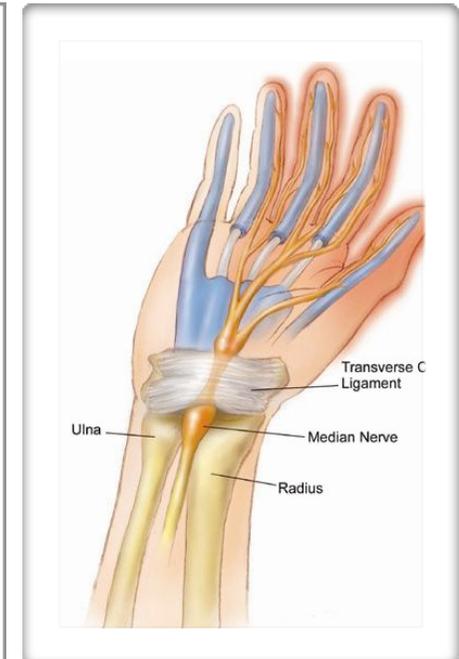
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Carpal tunnel syndrome

Carpal tunnel results as there is damage to the soft tissues (sometimes the bones) of the wrist. As a result of this damage, swelling and inflammation occurs within a very restricted area. The syndrome is a form of a repetitive strain injury, where the pain comes from the swelling placing pressure on the median nerve within the wrist. This in turn causes a 'tingling' sensation which is often transmitted throughout the hands, fingers and thumbs. Injury is not the only cause for this swelling to occur, other medical conditions can also cause swelling. These medical conditions include; diabetes, arthritis and pregnancy (which should disappear after birth). As this is a repetitive strain injury it will often occur in cases where people will use their hands, in particular office work. It is key to make sure you are comfortable whilst you work, to minimize strain and stress on your hands.



If it is caused by a medical condition - treating that may help. As well as paying a visit to your physiotherapist, where they can give you advice and information to remove or reduce pain. Within this leaflet a number of exercises are provided to help.

Treatment options;

- If it is believed that a medical condition is the cause, then treatment for that condition may help.
- Applying an ice pack for 5-10 minutes every hour to help reduce the pressure and swelling. This must be done during the early stages of the syndrome.
- Keeping the wrist elevated whilst working can help reduce potential for swelling.
- Wearing a wrist splint will limit the movement of your wrist, in so doing reducing the pain and potential for further swelling.
- Try to rest the wrist, limiting the activities which may make the symptoms any worse.
- Visiting a therapist may provide answers on how to change your activities and work station.
- Doctors maybe be able to prescribe a course of steroid injections into the area to reduce inflammation.
- Surgery is an option, only after all other possibilities have been exhausted.

Strengthening and stretching exercises

- These will only help if they are carried out at the correct stage of rehabilitation. It is important to seek medical advice before starting these stretches.

STRETCHING EXERCISES;

1. Wrist flexion stretch

Hold the affected hand, slowly bend the wrist forward, so that it is pointing down. Continue to do so until you feel the stretch in the forearm. Hold to 5-10 seconds and repeat 10 times, twice a day.



2. Wrist extension stretch

Hold the affected wrist out in front of you, use the other hand to press the fingers of this arm back. Again hold this for 5-10 seconds with 10 repeats, two times a day.



STRENGTHENING EXERCISES;

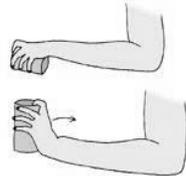
1. Grip Strengthening

Squeeze a squash ball, hold for five seconds and then relax. Repeat 20 times per day. The back of your hand must be in line with your forearm whilst carrying out the stretch.

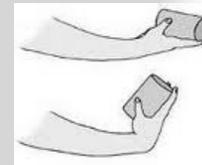


2. Wrist extension and flexion

Extension - Hold on to an object, with your palm facing the floor and bend your wrist upwards.



Flexion - Holding on to the object, with your palm facing upwards, bend your wrist up.



With both hold for 5-10 seconds and do 10 repetitions two times a day.

3. Finger curl

Hold your hand out in the 'hand shake' position Bend your fingers at the middle joint, so that only the top parts of your fingers bend. Hold this again for 5-10 seconds, doing 10 repetitions and repeat twice a day.

