

## **Carpal Tunnel Syndrome Massage Treatment Proves Successful**

You may have classic symptoms and be diagnosed with carpal tunnel syndrome: soreness in forearms, pain in hands and a feeling of tightness that had spread from hands and wrists all the way to elbows. Possibly even headaches.

Doctors can operate, but the surgery isn't always successful. Some doctors recommend try massage first, as it can help tremendously.

### **Carpal Tunnel Syndrome: Repetitive Strain Injury**

When continually working, for instance, at a keyboard and using the same motion in the same position, thousands of times a day, the excessive wear causes soft tissue fibers to tear. This leads to developing chronic inflammation in the tendons and sheaths. Swelling ensues, which pinches the nerves, producing symptoms of tingling, swelling, pain, soreness, tightness, burning and even loss of grip strength.

A study at the University of Miami School of Medicine looked at the efficacy of massage in treating carpal tunnel syndrome. After the completion of four massage sessions, the participants experienced an improvement in grip strength and a decrease in pain, anxiety, and depression. Participants showed improvement in specific medical tests used to diagnose carpal tunnel syndrome.

This landmark study verifies deep tissue Massage techniques , can reorganize the connective tissue fibers, break up scar tissue, and reduce or eliminate the cause of inflammation. It helps ease or even eliminate carpal tunnel syndrome.

Massage to the entire arm, shoulder, and neck frees soft tissues where hidden tightness can contribute to the problem. Soft tissue inflammation can travel through the continuous connective tissue framework from fingertips to head and even cause headaches.

Massage is a treatment of choice to keep carpal tunnel syndrome from slowing you down. We are available at the club or in your home to help relieve your stress and pain.