Carpal tunnel action checklist

Use these steps from the article to manage carpal tunnel symptoms and to decide when a doctor is needed.

- [ ] Wear a wrist splint at night to keep the wrist straight.
- [ ] Cut back on activities that involve frequent wrist bending or hard gripping.
- [ ] Keep the wrists straight over the keyboard and avoid bending them fully up or down.
- [ ] Break up tasks that hold the wrist in one position for long periods.
- [ ] Do nerve gliding exercises only as a doctor or therapist recommends.
- [ ] Stop any exercise that increases numbness and ask for a review.
- [ ] Get a clear diagnosis before starting chiropractic care for hand numbness.
- [ ] See a GP when symptoms get worse or home treatment is not working.
- [ ] Seek medical advice for constant numbness, thumb muscle wasting or hand weakness.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-carpal-tunnel/