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Bellevue Chiropractor Tells You More About Your Carpal Tunnel.

"My name is Bill, and I work in the marketing department for Microsoft. Over the past three months I've been noticing that my day-to-day activities such as buttoning my shirt, opening the milk jug, and caring my briefcase are becoming increasingly difficult due to the pain that they cause. It seems as though the pain in my wrist and hand is worst when I'm at work, working on the computer. The pain is becoming so bad, that I am now worried that I will not be able to continue my job duties if it does not go away. What should I do?"

This is something that I hear on a daily basis, and his condition called carpal tunnel syndrome. It is an extremely common disorder affecting them many Americans each year. It is especially a concern for many of those who work and live in Bellevue Washington at a computer on a daily basis, as this is one of the aggravating factors.

CTS is the result of pinching of the Median Nerve as it travels from the neck into the arm, through muscles in the forearm and into the hand through the carpal tunnel. Pressure on the nerve at any of these locations can create the symptoms of CTS. This tunnel is quite small in size and included inside the tunnel are 9 tendons, blood vessels, and the median nerve. When the muscles of the forearms and hands are overworked, they inflame and swell. Because the carpal tunnel is normally so tight, the increased swelling inside the tunnel pushes and pinches the median nerve creating the classic pain, numbness, tingling, and sometimes burning sensations often described by people suffering with CTS.

Certain people tend to be more prone to carpal tunnel syndrome. Carpal tunnel syndrome is more common in women than men by up to 4:1. This is mainly because women have smaller bone structure and therefore the median nerve has a smaller tunnel to travel through.

Women also experience fluid retention or build up during menstruation leading to symptoms like swollen fingers and swollen and painful breasts. Swelling in the already tight, confined space of the carpal tunnel will increase their susceptibility for developing CTS. Another hormone related cause or contributing factor is the use of birth control pills (BCPs). Since there are many different types of BCPs and each woman is unique and different, finding the BCP with the "right balance" of hormones where the swelling side effect is minimized is very important and should be discussed with the doctor who prescribed the BCPs.

Chiropractors are specialists in the treatment of carpal tunnel syndrome through the use of chiropractic adjustments, exercise, ergonomic help, and anti-inflammatory diet advice. If you struggle with CTS it would be beneficial to see a Bellevue chiropractor today to see if they can help you with your problem.

Michael Weir, D.C. is a local [bellevue chiropractor](#), and you can contact his chiropractic office at [425-635-0495](tel:425-635-0495).

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