

CARPAL TUNNEL SYNDROME

Carpal Tunnel Syndrome affects many people, often women over 50.

The palm, thumb, index and middle fingers become numb and may become weak or and painful.

Often a patient will dangle their arm out of bed to gain relief at night.

Treatment often involves surgery to free the median nerve at the wrist.

Derby has a particularly eminent hand surgery team based at the D.R.I. at the Pulvertaft Hand Centre.

However most patients with carpal tunnel syndrome should try two things before surgery.

Firstly, nerve entrapment at the neck can produce hand symptoms which mimic carpal tunnel syndrome. See an osteopath who will diagnose any neck problems.

Secondly, try supplements. Take Bromelain and very high dosage B vitamins.

I have given many patients these two supplements to great effect. Together they often reduce the inflammation at the wrist.

If you suffer overall fluid retention alongside carpal tunnel syndrome a natural diuretic such as Dandelion may also be useful.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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