



CARPAL TUNNEL SYNDROME

Carpal Tunnel Syndrome is frequently misdiagnosed. Research repeatedly shows that in most cases multiple pressure sites on the median nerve exists, not solely at the wrist. Since the nerve responsible for CTS travels up the arm and into the neck, finding and treating all pressure sites is the key to success for CTS. This can be accomplished through specific and accurate manipulation of the neck and upper extremities coupled with dietary and lifestyle changes. There are poor and improper diets that can increase inflammation, which contribute to CTS symptoms.

Two prominent researchers, Dr. AR Upton and Dr. Alan McComas, found that nearly 80% of those who had CTS also had compression at the neck level called double crush syndrome. This makes sense and explains the high failure rate of CTS surgery. If the median nerve, which is responsible for CTS symptoms travels from the wrist, up the arm and into the nerves of the neck then we owe it to all CTS sufferers to properly have a system of evaluation to correct all pressure sites, no matter how subtle they are.

The nerve is like a telephone line in which two people are talking. The brain talks to the hand through the median nerve (telephone line). The nerve has the function of giving strength and sensation to the hand. Pressure on the nerve, whether at the wrist or at the neck will cause the same symptoms: loss of strength and numbness in the hand. Have you ever heard significant static on a telephone line? But which end of the line is the bad connection coming from?

The big picture is essential for proper treatment, which requires us to treat the nerve from the neck down to the hand. This is why Dr. Kit has been successfully treating CTS for over 22 years!

Contact Dr. Kit Langstroth DC today for a free consultation.