

Preventing Carpal Tunnel Syndrome

Learning how to use the space around you can help you treat and prevent CTS.

What is Ergonomics?

Ergonomics is the relation between the body and the machine it operates. When it comes to CTS, the relation between computer and user is a pivotal element to your health.

Using correct posture can play a large role in preventing CTS. Be sure to sit up straight and keep your arms at a ninety degree angle to the desk.

Take breaks from activities that stress the flexor tendons, and utilize this time to relax as much of your body as you can. Remember, your health is a culmination of factors and stresses that must be regulated.

Should you experience symptoms of CTS during any activity, evaluate how you are using your wrists, as well as the rest of your posture. Repetitive hyperextension or hyperflexion of the wrist generates such stress on the tendons surrounding the median nerve that CTS can develop rapidly, with little warning.

Do not wait for the pain to go away on its own. Take immediate action to modify your actions to prevent further damage. Consult a physician as soon as possible after the onset of pain; you may be suffering from a number of conditions outside of CTS.

What kind of diet can help prevent CTS?

Some claim that B6 is a wonder vitamin in the prevention of CTS, but a well balanced diet, including B6, is a better preventative step. Your body's overall well-being is critical in maintaining its ability to heal and cope with trauma.

