

Effective Treatments for Carpal Tunnel Syndrome

Course Syllabus

Introduction

- Definition
- Along The Path
- Symptoms

Traditional Treatment

- Nutritional Considerations
- Prevention
- Misdiagnosis

Contributing Factors

- Office Ergonomics - remember the basics

Self-help stretches

- Series of 16 exercises

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Treatment for Fascia

- Skin Rolling
- Friction
- Fascial Release

Directions for Treatment

- Trigger Points

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Treatment in the Prone Position

- Infraspinatus
- Teres Major, Teres Minor, and Latissimus Dorsi
- Subscapularis
- Medial Border of the Scapula
- Lateral Edge of the Neck
- Anterior Forearm

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Treatment in the Supine Position

- Posterior Forearm
- Treatment of the Hands
- Pectoralis Major and Minor
- Cervical Area
- Scalenes

Conclusion