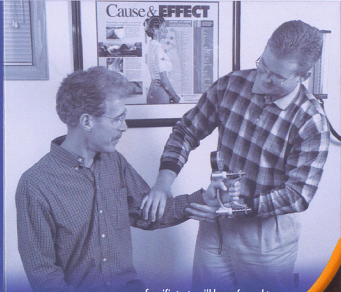


# How specific chiropractic care can help.

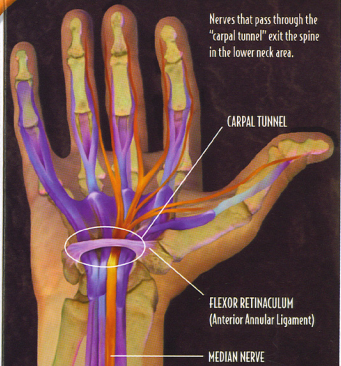
If placing your hands back to back produces an increase in numbness, tingling or pain, you could have a carpal tunnel problem.



Have someone try to pull your thumb and finger apart. If your fingers seem weak, it could be related to a carpal tunnel problem.



Specific tests will be performed to see if spinal nerves are involved.



Specific chiropractic adjustments can help return malfunctioning joints to a more normal motion and position.



The major nerve controlling the thumb, index, and parts of the middle, and ring finger is called the median nerve. From the tip of your fingers, it travels through the bones in your wrist, past your elbow, up your arm, through your shoulder and neck, and finally to your spinal cord. Problems can develop in one or more of these areas.

The carpal "tunnel" is formed by bones in the wrist. The median nerve, tendons, and blood vessels pass through this opening. If one or more of the bones forming this tunnel should "collapse", inflammation, nerve pressure, and painful symptoms can result.

The median nerve connects to the spinal cord through openings between several bones in the lower neck. When these spinal bones lose their normal motion or position, they can cause problems in the fingers and wrist.

After a thorough examination, your chiropractic doctor will perform specific adjustments where needed, to help normalize structure and reduce nerve irritation. When given time, conservative, chiropractic care has produced excellent results with carpal tunnel problems—without drugs or surgery.