

Carpal Tunnel Syndrome (CTS) - An Overview

Most people perform some sort of repetitive task on a regular basis. And for many, their jobs require constant repetitive tasks such as typing on a computer or working at a factory assembly line. As a result, they can develop a very painful condition called Carpal Tunnel Syndrome (CTS).



The carpal (wrist) bones form a tunnel called the "carpal tunnel" through which the median nerve and nine tendons pass. When the median nerve is irritated through pressure and over-exertion, this is known as Carpal Tunnel Syndrome. One of the first symptoms of CTS is numbness in the distribution of the median nerve. This is followed by numbness and tingling in the hand, fingers and wrist, and often results in severe pain in the elbows, shoulders, neck and upper arm. Additionally, CTS can hamper the victim's ability to perform normal, everyday functions such as grasping objects. Ultimately, the victim may be debilitated to the point of being unable to perform job duties effectively.

Other factors that can contribute to or facilitate CTS include stress, posture, tools used to perform repetitive tasks, amount of effort exerted to perform tasks, and the overall design of the work environment.

When repetitive tasks are performed day in, day out, preventative measures should be taken against Carpal Tunnel Syndrome. The worker should only perform the same tasks for short periods of time, rotating those tasks with other duties. Exercise is crucial to maintaining strength and flexibility. An OK·1 back support can help the worker maintain good posture. And an OK·1 Carpal Tunnel Support provides much-needed protection for the hand and wrist.

OK·1 Supports are made of premium neoprene, which allows them to retain heat, providing soothing, healing warmth. And with their flexible design, the worker can comfortably and effectively perform normal job functions without hindrance.