

Health Tip - Do you have Carpal Tunnel Syndrome?

Most people with any tingling in their hands chalk it up to carpal tunnel syndrome. But true carpal tunnel syndrome has a definite pattern of tingling sensation. Does your tingling match the blue in this picture? If not, then it probably isn't carpal tunnel syndrome. You could have a nerve impingement along your arm. If you have tingling in any part of your hand, see a medical professional such as your doctor, chiropractor or registered massage therapist. Getting treatment early can help prevent permanent nerve damage.



*ADAM.