



Massage in case of Carpal Tunnel Syndrome

What is Carpal Tunnel?

Being a relatively small structure, carpal tunnel is formed by 4 carpal bones and breached by transverse carpal ligament that runs between these bones. Inside the carpal tunnel are located 9 tendons of flexor muscles and median nerve. Inflammation of tendons is a result of excessive physical overload/strain of flexors muscles and their tendons. It is important to mention that inflammation inside the carpal tunnel could also be the results of the direct trauma and edema of forearm and hand (for example in cases of thoracic outlet syndrome, pregnancy). Inflammation physically expressed as a swelling that, occupying the space inside the tunnel, causes compression of median nerve. In such case patients suffer from pain due to inflammation of tendons, ligaments and because of median nerve neuralgia also suffer from other symptoms related to physiological insufficiency of median nerve. Patients experience pain and numbness at the palmar surfaces of the 1st, 2nd and 3rd fingers as well as at half of the 4th finger. Additionally patients have difficulties to flex these fingers, medially rotate the thumb and experience significant weakness.

It is very important to understand that in cases of inflammation, pain is a result of significant decreased of blood supply, accumulation of excessive amount of extracellular fluid, tension in muscles and trigger points developments.

Massage Preparation:

Any medical massage should be conducted with minimum disconnect from the client's body. [Click here](#) if you would like to find out why? Therefore the quality of lubricant is very important. It should not be greasy and yet lubrication should last as long as possible. Bon Vital cream with Jojoba is specifically designed to meet these specifications.

This treatment is designed for massage therapists with experience in massage manipulations: effleurage, friction, petrissage, etc. and with basic knowledge of anatomy and physiology of the human body.

Contraindications: (physician's approval recommended)

1. High fever regardless of its cause.
2. Wounded skin, active skin diseases of bacterial, fungus or viral origins. The areas that contain any tumors must be avoided.
3. Leukemia, severe anemia, hemophilia, thrombosis of veins, internal bleeding.
4. Severe forms of tuberculosis, malignant tumors, meningitis, and encephalitis.

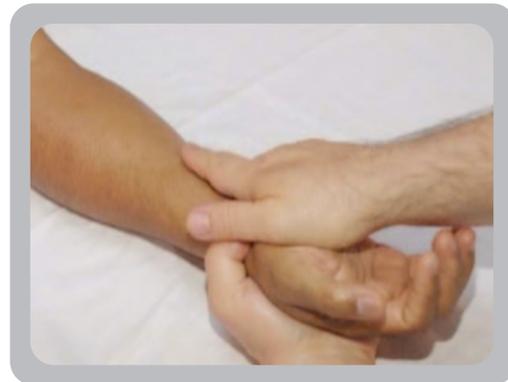
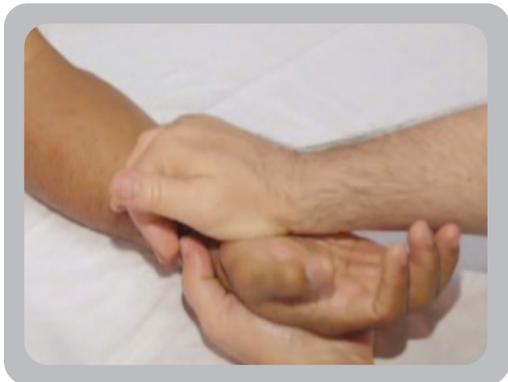
Treatment Format:

The duration of the entire protocol is 30-35 minutes.

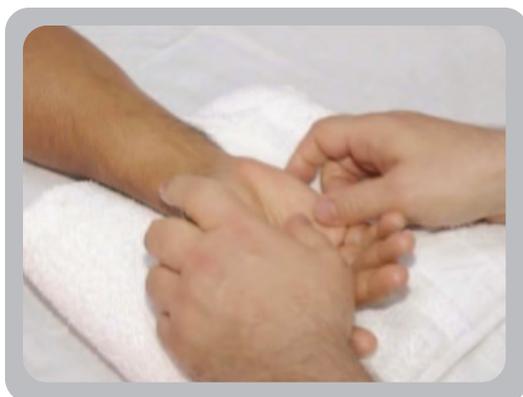
1 Place the back of your client's hand in your own palm. Using the muscles of the thumb (thenar), under pressure, massage in a circular motion each of your clients' fingers (including the thumb).



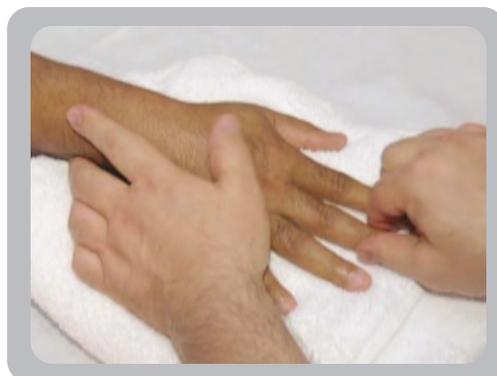
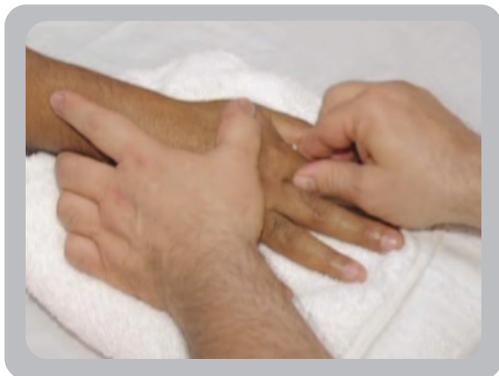
2. Once again use the thenar muscles of your thumb and massage (under pressure) all areas of the palm including the wrist, in a circular motion.



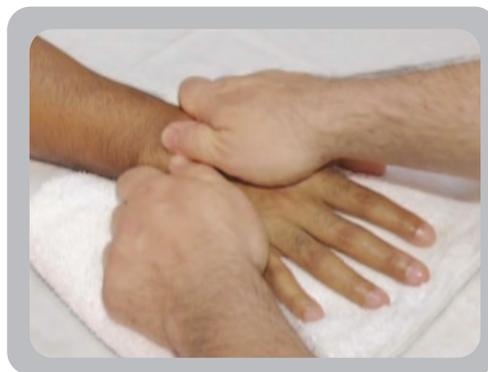
3. Under pressure, with both thumbs (you can use thumb on thumb pressure) from the bottom up only massage all channels on palm side of hand between tendons channels.



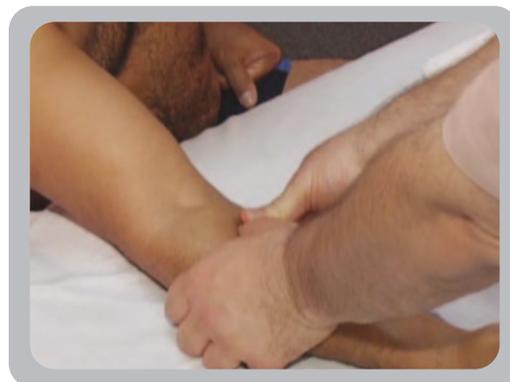
4. Place clients hand palm down. Using your pointer finger and thumb, under pressure, massage in a circular motion both sides of each finger separately (From the bottom up only).



5. Under pressure use your thumbs to massage between each inter-tendon channel separately. Don't forget to return in the air.



6. Turn the client's hand and forearm so that thumb side points to the ceiling. Perform Petrissage #3 from the wrist up on all areas of the forearm.



7. All trigger points must be palpated and discovered, and eliminated by application of ischemic compression.

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Disclaimer:

All proposed counter indications are stated for general knowledge as well as the methods and techniques shown are intended as a source of general education information, and are not to be used instead of, diagnosis, prescribed medication and/or treatments.

Any disease, disorder, ailment or other pathology must be diagnosed and the treatment must be approved by a properly licensed physician. Always consult a licensed physician prior to initiating any physical treatment. The author and all his affiliates and agents assume no responsibility for any damages that may occur as a result of improper diagnosis, treatment, or interpretation of materials presented. All responsibility for outcomes is solely that of the person delivering the hands on work.

Term Dictionary:

Trigger points - pinpoint localization of pain. The morphology of trigger points is ischemia - the demand of blood supply is much higher than availability.

Ischemic compression - is a compression of trigger points in order to temporarily (30 seconds) obstruct the blood supply to the tissue in order to promote massive vasodilatation reflex.

Palpate - examination by fingers of abnormalities in soft tissue. discovering pinpoint localization of pain, tension in muscles, restricted movement in fascia.

thenar - muscle on the inside part of the palm.

Petrissage #3 Please watch this video to see the All 12 Medical massage petrissage movements