



✱ADAM

Carpal Tunnel Syndrome (CTS)

This condition is perceived at first as an uncomfortable feeling in the hand frequently associated with tingling. Unfortunately, the tingling and often pain associated with this condition, tends to occur more frequently at night and during sleep, which often awakens those who suffer from CTS. Eventually tingling is replaced by numbness, which is described as if one were wearing a rubber glove. As the disease progresses, lack of co-ordination turns into severe, debilitating weakness and pain.

So why would it be prevalent in sports such as tennis? CTS may be a result of a single traumatic event, but is most common of the cumulative trauma disorders resulting from repetitive motions of medium to high force. Twisting of the wrist may contribute to CTS. It is always good to do mild hand stretches before and after your game or practice.

In Traditional Chinese Medicine, we refer to this condition as: shou zhi ma mu, which basically means hand and finger tingling and numbness.

If you or anyone you know suffers from this condition, don't struggle through life just trying to make your day comfortable. Seek treatment. Acupuncture therapy works wonders with this condition.