

Alternative Therapy Available For Carpal Tunnel Sufferers

-Allison Ishman, LMT
Ishman Body Care Center
July 17, 1996

Certainly conservative care would include resting a serious carpal tunnel condition. Additionally, surgical options are available. But, frequently those that suffer from carpal tunnel or a condition with similar symptoms suffer without relief because they are unaware that other options exist.

Swelling may be reduced by rest, vascular flushes and/or the proper use of ice, compression primarily in the initial and middle periods of recovery, and elevation. These are basic principles.

Additionally, therapies such as massage therapy, acupressure, acupuncture, and nutritional support have repeatedly been proven to reduce pain and speed recovery in many, many muscle inflammation conditions, including carpal tunnel. A 1990 study published in the Journal of the American Medical Association discovered that 96 percent of patients seeing an alternative provider also saw an MD for the same problem. -

As health care evolves, it is valuable for the press to consider the prevalence of use in reporting on medical conditions, as well as the cost of services, the dynamic of doctor-therapist relationships and socio-demographics.

I also believe that as these figures become better realized and correlations between the skills of medical doctors and alternative, care providers becomes better publicized, health care will evolve into a smoother, smarter system that benefits patients and providers.

For more information on how to manage and heal carpal tunnel, please contact the Ishman BodyCare Center at 630-355-5125, or visit our web site at www.ibodycare.com.