

Patient Help Sheet for Carpal Tunnel

Here are tips that you can use to help balance and support your wrist health.
Please feel free to call me if you have further questions or concerns.

Acupressure Points

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Heart 7 (HT 7): With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist.
Functions: Calms the Shen (Spirit), clears the channels and sedates the regulatory function of internal organs.

Pericardium 6 (P 6): On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease.
Functions: Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting, opens and relaxes chest tightness.

Pericardium 7 (P 7): In the middle of the wrist crease, between both tendons.
Functions: Clears the Heart and calms the spirit, expands the chest, dispels fullness from the chest, reduces fire from heart and harmonizes the Stomach. Main point to treat insomnia.

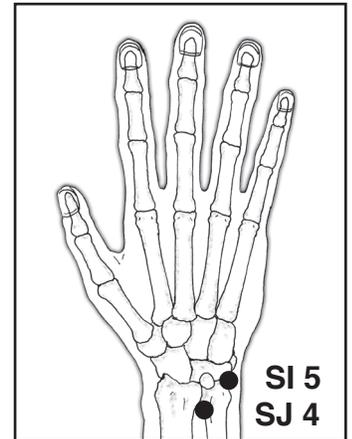
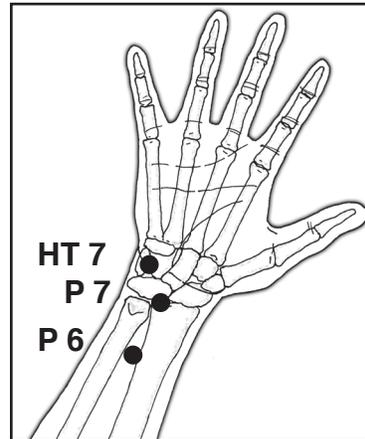
Triple Warmer 4 (SJ 4): On the crease of the wrist, in the depression on the back of the hand, in between the two tendons.
Functions: Relaxes the sinews/tendons, clears the channels, reinforces the triple warmer and alleviates pain.

Small Intestine 5 (SI 5): On the pinky side of the hand, at the crease of the wrist, in the depression between the two bones.
Functions: Clears the mind and the meridian, reduces swelling.

Meridian Exercise for Wrist Health

Atmanjali Mudra (prayer gesture mudra)

1. Place both hands together in front of your chest, leaving a little hollow space between the palms.
2. Breathing in, gently move your arms down while still pressing your hands together. Lower arms and wrists as far as you can, while remaining in a comfortable and gentle stretch in the wrist crease area. Do not strain or over stretch your wrists.
3. Inhale, raise your arms and wrists back up to the starting position. Repeat 6-10 times.



Natural Tips to Support your Wrist Health

- Massage your wrists with rosemary and St. John's-Wort oils 2-3 times a week.
- Use arnica - A double blind randomized study by the Department of Plastic Surgery of Queen Victoria Hospital in West Sussex, England examined whether arnica can speed up the recovery of hand surgery compared to placebo. People who took homeopathic arnica tablets and used arnica ointment had a significant reduction in pain after two weeks.
- Yoga can help to reduce symptoms of carpal tunnel syndrome. A study by the University of Pennsylvania looked at the effectiveness of yoga for 42 people with carpal tunnel syndrome. People in the yoga group did 11 yoga postures twice weekly for 8 weeks and had a significant improvement in grip strength and pain reduction compared to people in the control group, who wore wrist splints.

Source: Jeffrey SL, Belcher HJ. Use of Arnica to relieve pain after carpal-tunnel release surgery. *Altern Ther Health Med.* 2002 Mar-Apr;8(2):66-8.

Garfinkel MS, Singhal A, Katz WA, Allan DA, Reshetar R, Schumacher HR Jr. Yoga-based intervention for carpal tunnel syndrome: a randomized trial. *JAMA.* 1998 Nov 11;280(18):1601-3.