Carpal Tunnel Syndrome Treatment

Self-Care at Home

Home care for carpal tunnel syndrome is straightforward and can often provide relief for mild cases of carpal tunnel syndrome. Wear a wrist splint (can be purchased at most drugstores) to keep the wrist in a neutral position at rest. Splinting is usually tried for a period of 4-6 weeks. Some people wear their splints at night only and others wear their splints both day and night, depending upon when the symptoms are at their worst. If no relief is found at 4-6 weeks, the splints are not likely to help.

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- When to Seek Medical Care
- Exams and Tests
- Next Steps
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