

Carpal Tunnel Exercises: 3 Moves For Instant Relief

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Carpal tunnel is more than just a pain in the butt your hand — the painful, throbbing sensation can restrict movement from the tip of your fingers to past your elbow.

While doctors can't say for certain that there is a way to prevent carpal tunnel, there are ways to reduce pain and even postpone or eliminate the need for surgery.

There is no singular cause for carpal tunnel, but researchers say many factors can lead to the condition, including gender, pre-existing medical conditions and workplace conditions.

"Repetitive actions like clicking on a mouse and typing all day can create tension in the muscles of the wrist, which place pressure on a nerve in the wrist, causing pain and numbness into the hand," says Awenus. "Just like muscles, nerves also need to be able to move and stretch. If they get stuck or pinched, it will produce pain."