

BioFlex LILT Patient Testimonials: Carpal Tunnel Syndrome

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS), or median neuropathy at the wrist, is a medical condition in which the median nerve is compressed at the wrist, leading to paresthesia, numbness, and muscle weakness in the hand.

The median nerve passes through the carpal tunnel, a canal in the wrist that is surrounded by bone on three sides, and a transverse carpal ligament on the fourth. Nine tendons – the flexor tendons of the hand – pass through this canal. The median nerve can be compressed by a decrease in the size of the canal, an increase in the size of the contents (such as the swelling of lubrication tissue around the flexor tendons), or both. Simply flexing the wrist to 90 degrees will increase the size of the canal.

Many people who have carpal tunnel syndrome have gradually increasing symptoms over time. The first symptom of CTS may appear when sleeping, and typically include numbness and paresthesia (a burning and tingling sensation) in the thumb, index and middle fingers, although some patients may experience symptoms in the palm as well. These symptoms appear at night because people tend to bend their wrists when they sleep, which further compresses the carpal tunnel.

Patients may note that they “drop things”. It is unclear if carpal tunnel syndrome creates problems holding things, but it does decrease sweating, which decreases friction between an object and the skin.

In early stages of CTS, individuals often mistakenly blame the tingling and numbness on restricted blood circulation. They may also be at ease and accepting of the symptoms and believe their hands are “falling asleep”. In chronic cases there may be wasting of muscles, and difficulty bringing the thumb away from the hand.

Most cases of CTS are idiopathic (without a specific cause). Although CTS is sometimes associated with trauma, the strongest risk factor is genetic predisposition. The link between CTS and repetitive motion is currently under debate. Occupational risk factors such as repetitive tasks, force, posture and vibration have been cited.

Read what patients treated with BioFlex Low Intensity Laser Therapy have said about successful treatment for carpal tunnel syndrome:

"I would recommend trying LASER therapy before considering surgery."

"I have had Carpal Tunnel Syndrome for approximately three years. My hands were getting weaker and woke me up at night as they would go numb. So I have had to wear wrist braces every night. I thought surgery was my only option until I heard about LASER therapy. After LASER treatments my hand has improved and there is less numbness during the night. I am going to continue with a monthly treatment for further improvement. I would recommend trying LASER therapy before considering surgery."

Sharon - Surrey, BC

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"I have many years ahead of me and I am very excited to know that those years will be pain free!"

"I had tried physio, chiro, massage and acupuncture but nothing kept the pain away for more than 2 weeks. Seeing as though the injury was on my right hand and I am right handed, I noticed how the injury was impacting my everyday life. Nothing seemed to actually heal the injury; it just temporarily made the pain go away. Then I heard about laser and everything changed. I started going to laser 3 times a week because the injury was already 2 years at this point. Since the injury was so severe and so old it took about 4 or 5 treatments before I started to notice a difference. I remember it very well though. One day I was eating cereal and realized that my hand did not hurt when I brought my hand to my mouth. It's been uphill from there! I strongly believe in laser – it has allowed me to do certain activities pain free, activities that I used to have to push through because of the pain. I have now gotten back almost all of the range of motion that I lost due to the injury. I have family members who have also received laser treatment and found the same results. For most everyone I know who has tried laser therapy agrees that it is the only method of treatment that has permanently helped. I have many years ahead of me and I am very excited to know that those years will be pain free! I am no longer restricted to what I can do because of an old injury! I highly recommend laser to anyone for an injury!"

Breanna - Calgary, AB

"I had 12 treatments over a six-week period and at the end of those treatments I was about 95% better. That was six months ago, I have not had any trouble since..."

"My carpal tunnel syndrome was building over about a five-year period, where I had numbness in the hands and pain in my wrist that radiated up to my elbows. I couldn't hold a cup of coffee for more than a minute without my hand falling asleep and starting to ache. Sorting mail at work and typing, I had to plan for frequent stops to rest my hands and let the numbness ease up. I tried night braces, which helped some at night but didn't help much in the day. My daughter suggested that I should check out Laser Health Solutions so I did. I had 12 treatments over a six-week period and at the end of those treatments I was about 95% better. That was six months ago, I have not had any trouble since so I guess I am 100% now. I can now hold a cup of coffee for as long as I want without any numbness or pain."

Thank you for the relief,
Karen B. - Arrowwood, AB

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“...my wrist was back to normal – the way it was before...”

"My left wrist has been sore for the past 6 months as a result of being on the computer for too long and working as a server. Even though I could still use my wrist, there are times when the injury decreased its effectiveness. For example, after being on the computer for 20 minutes, my wrist would start to get sore and I would have to stop typing and rest. I went to see a doctor who prescribed a cream for me and had me wear a tensor bandage to hold the wrist in place. The cream worked for a while, but the pain started to slowly come back. I went to see another doctor who prescribed another medication. Unfortunately, it did not do much for my wrist either.

After my father's friend recommended Laser Health Solutions, I decided to go in and give it a try. After taking a look at my wrist, Mr. Skleryk told me that my wrist would be back to normal after 2 to 6 treatments. I received my first treatment the same day and noticed changes the very next day. I spent a couple of hours on the computer and there was no sign of pain in my wrist. I went in for 3 more treatments the following week and my wrist was back to normal – the way it was before I started to serve and be on the computer for a long period of time.

Not only were the treatments successful, Mr. Skleryk and his team were extremely friendly and pleasant. I would definitely recommend Laser Health Solutions.

Holly W. - Calgary, AB

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“I keep looking at my arm, wrist and fingers in amazement ‘no pain’.”

"I'm a 60-year-old mother who recently retired from the Federal Government after 30 years of repetitive typing on manual to electric typewriters and then to the computers. The repetitive motion caused pain up and down my left arm, wrist and fingers. I've been to a neurologist for possible nerve damage to my left arm and/or elbow. I've had acupuncture, neck and back adjustments, physical and occupational therapy; however, I was still experiencing this very dull electrifying pain.

During the Christmas holidays, my son told me about this doctor that deals with laser treatment for carpal tunnel syndrome and the next time I come to visit him and his family in BC, he will take me to visit this doctor. Well, I visited my son and family in February through March while he was away in Africa but didn't go to the doctor. When my son returned from Africa he was very disappointed that I had not seen the doctor whom he felt could be of great assistance to me. For years my son has seen me in pain and he believed the laser health treatment for pain and soft tissue would be of great benefit.

On June 22, I returned to BC for another visit with my son and family and this time, I accepted the advice and made the appointment to visit the doctor who utilizes the laser treatment. During the evaluation, I mentioned the pain I was experiencing in my left knee. Yes, I still have the pain in my left arm but the knee pain is worst. I had completed several physical therapy sessions for my osteoporosis arthritic knee but no relief from the pain.

Appointments were scheduled for the left knee, then the left wrist for the carpal tunnel as well. I have you to know that after the third laser treatment for my left arm and wrist, there was no more pain. I can hold objects in my hand without the fear of dropping them. Since the Laser Health Solutions treatment, I haven't experience any electrifying pain flowing through my wrist and fingers. I keep looking at my arm, wrist and fingers in amazement "no pain". The pain level has ceased from 10+ to 2; or better yet, 95% pain level down to 8% pain level. I'm planning my next trip to visit my son, so I can schedule more at treatment the Laser Health Solutions. This laser health treatment is amazing!

I thank God for my son who introduced me to Dr. Rob and Laser Health Solutions, the pain and soft tissue rehabilitation. I pray God's continual blessing on Dr. Rob and the members of his practice.

Sharon W. – Maryland, U.S.A.