AgelessCoach™
AGE STRONG. LIVE LONG.

# Carpal Tunnel Syndrome: Signs and Fixes Sheet

The 6 signs, the finger map that rules it out, the night splint, and the daytime changes that lower the load on your wrist.

✓ **Verified against published guidance** from Johns Hopkins Medicine, NIAMS & Mayo Clinic · sources below

**Hand weakness that keeps getting worse, or numbness that no longer goes away, needs an appointment. Mayo Clinic warns that lasting nerve and muscle damage can occur without treatment.**

## ✓ Do This

### Map Which Fingers Go Numb

- Thumb, index, middle, half the ring
- That set is the median nerve
- Write it down before the visit

COACH'S TIP The map is your best evidence.

### Note the Night Pattern

- Symptoms usually start at night
- They fade during the day
- Waking to shake the hand counts

COACH'S TIP Timing is half the story.

### Wear a Wrist Splint at Night

- Hopkins lists splinting first
- It stops the wrist from bending
- That eases nerve compression

COACH'S TIP Nights are when the nerve gets squeezed.

### Relax Your Grip at Work

- Hit the keys softly
- Lower the force you use
- Switch tasks when you can

COACH'S TIP Force, not typing, is the load.

### Take Short Breaks Every Hour

- Stretch and bend the hands
- A few minutes is enough
- Matters more with vibrating tools

COACH'S TIP Mayo says even a few minutes helps.

### Keep the Wrist in Line

- Wrist level with the forearm
- Keyboard at elbow height or lower
- Replace a mouse that strains you

COACH'S TIP Neutral is the widest the tunnel gets.

## ✗ Do Not

### Do Not Blame Typing Alone

- NIAMS says the cause is unknown
- Often no single cause is found
- Thyroid, diabetes and RA contribute

COACH'S TIP Your keyboard is not the whole story.

### Do Not Ignore the Little Finger

- The median nerve does not serve it
- Numbness there points elsewhere
- Say so at the appointment

COACH'S TIP One finger can redirect the whole visit.

### Do Not Wait It Out

- Hopkins calls it progressive
- It can worsen without proper care
- Damage can become lasting

COACH'S TIP Waiting is the expensive choice.

### Do Not Diagnose It From a Search

- Symptoms overlap other conditions
- Hopkins says get a real diagnosis
- Nerve testing is the best test

COACH'S TIP A splint is fine. A guess is not.

### Do Not Roll Your Shoulders Forward

- Poor posture compresses neck nerves
- That can bother hands and arms
- Adjust screen height and distance

COACH'S TIP The problem can start above the wrist.

### Do Not Push Through Weakness

- Dropping objects is a signal
- Thumb pinch muscles can weaken
- That is not a strength problem

COACH'S TIP Weakness is a nerve message.

## THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

| | |
|---|---|
| 6 signs | on the Johns Hopkins carpal tunnel symptom list |
| 3 times | more common in women than in men |
| Not the pinky | the median nerve does not serve the little finger |

**Sources:** Johns Hopkins Medicine, Carpal Tunnel Syndrome · NIAMS, Carpal Tunnel Syndrome · Mayo Clinic, Carpal tunnel syndrome: symptoms and causes. **Educational content, not medical advice.** Talk with your doctor.

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