

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- ____ Evaluate and Treat
____ Exercise Program (i.e. home, gym)
____ Functional Conditioning
____ Therapeutic Exercise
____ Manual Therapy
____ Modalities
____ Other _____

COMMENTS: _____

Frequency: ____ x per week for ____ weeks

Signature: _____

(Physician signature)

Date: _____

SAME DAY APPOINTMENTS AVAILABLE

Referrals are accepted from any physician. A physician's order and diagnosis are required for evaluation and treatment. We accept most insurances including Medicare.

Bacci & Glinn Physical Therapy, Inc.
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For more information on this and other topics, visit our website at:
www.bandgpt.com

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CARPAL TUNNEL SYNDROME

**BACCI & GLINN
PHYSICAL THERAPY, INC.**

"Therapy with a Difference"



Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is a compression of the median nerve within the carpal tunnel. It is classified as a cumulative trauma disorder. According to the Department of Labor, 48% of all industrial workplace illnesses are caused by CTS and other cumulative trauma disorders. In 2004, the Department of Labor reported that the state of California alone had 1,770 CTS cases in private industry, resulting in 41 median days away from work.

Anatomy of CTS: The carpal tunnel is a narrow tunnel in the wrist formed by the bones of the wrist on one side and the transverse carpal ligament on the other. The median nerve and the tendons of the flexor muscles (the muscles that close the hand) pass through this tunnel. When these tendons are stressed (such as with repetitive movements), they swell and compress the median nerve.

Causes

Any condition that causes abnormal pressure in the tunnel can produce symptoms of CTS. The following are medical conditions that can lead to compression:

- ◆ Arthritis
- ◆ Diabetes
- ◆ Fluid retention
- ◆ Gout
- ◆ Malaligned fractures
- ◆ Chemical imbalances
- ◆ Emotional stress
- ◆ Hormonal changes in women

Signs and Symptoms

- ◆ Tingling in the fingers
- ◆ Numbness in the thumb, index, middle, & 1/2 of the ring finger
- ◆ Aching pain in the thumb that can be felt up to the neck
- ◆ Burning pain from wrist to fingers
- ◆ Change in touch or temperature sensation
- ◆ Clumsiness in hands
- ◆ Weak grip, difficulty with pinching and other thumb actions
- ◆ Swelling of hand and forearm
- ◆ Change in the sweat functions of the hand

Risk Factors

- ◆ Posture
- ◆ Wrist alignment
- ◆ Repetitive motions
- ◆ Extreme Temperatures
- ◆ Exposure to Force &/or Vibration

Treatment Options

- ◆ Physical therapy which may include all or some of the following:
 - Pain control modalities such as ice, heat, ultrasound, and electrical stimulation
 - Gentle stretching & range of motion exercises
 - Iontophoresis
 - Neck treatment/Postural instruction
 - Splinting wrist in the neutral position

Your physician may also utilize some of the following when treating CTS:

- ◆ Rest
- ◆ Anti-inflammatory medications
- ◆ Cortisone shots
- ◆ Activity modification
- ◆ Surgical release of the transverse carpal ligament

The above information is from the following websites: www.apta.org, www.orthogate.org, & www.dol.gov.

At Bacci & Glinn Physical Therapy, we emphasize active patient involvement in both pain management and rehabilitation. Physical therapy is an essential component in the delivery of quality healthcare. The goal of physical therapy is to enhance and maximize our patients' health, function and quality of life.