



Kathryn Mellow – The Pain Relief Coach

## Top Ten Carpal Tunnel Pain Relief Strategies for Office Workers

*“Because You Deserve To Feel Better!”*

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1. Keep your elbows as comfortably close to your waist as possible when you are working at a desk or table. Reach when you have to, not out of habit.
2. Use a chair and desk or tray that fits you. Your ankles, knees, hips and elbows should all be at about 90 degree angles or slightly more open when you are seated. Use a lumbar support or your own muscles to sit upright
3. Keep your wrists straight when you type. Pretend your wrists are extensions of your arms without joints. Let your wrists “float” above the keyboard.
4. Get strong muscles and a balanced body by taking classes in tai chi, core strengthening or yoga. A strong back makes a happy body.
5. Open up! Stretch frequently in the opposite direction of the position you are usually in. Our muscles get shortened and stuck in the positions we use the most, unless we take care to do the opposite movements on a regular basis.
6. Feed your brain and body. Improve the quality of food you eat and/or take a really good vitamin and mineral supplement. A body that gets all the nutrients it needs feels better, functions better and can recover faster.
7. Use a speakerphone, headset or ear buds to avoid an aggravated neck which will cause pain in your carpal tunnel area, headaches and other complaints.
8. Get rubbed the right way. Have a professional massage or do it yourself. Massage gets blood flowing through tight tissues, promotes muscle health and boosts your immune system.
9. Do things differently. We have several hundred muscles and most of us use only the same sixty+ most of the day. Hold your pen between your first and middle fingers. Mouse with your other hand. Sleep on the opposite side of the bed.
10. Improve your breathing. When you breathe full and long and deep, you exercise and release muscles around your neck, ribs and shoulders. Those muscles are attached to your arms. More beneficial oxygen reaches your cells.