



Got Wrist Pain? How to Identify and Avoid Carpal Tunnel Syndrome

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Guest Contributor

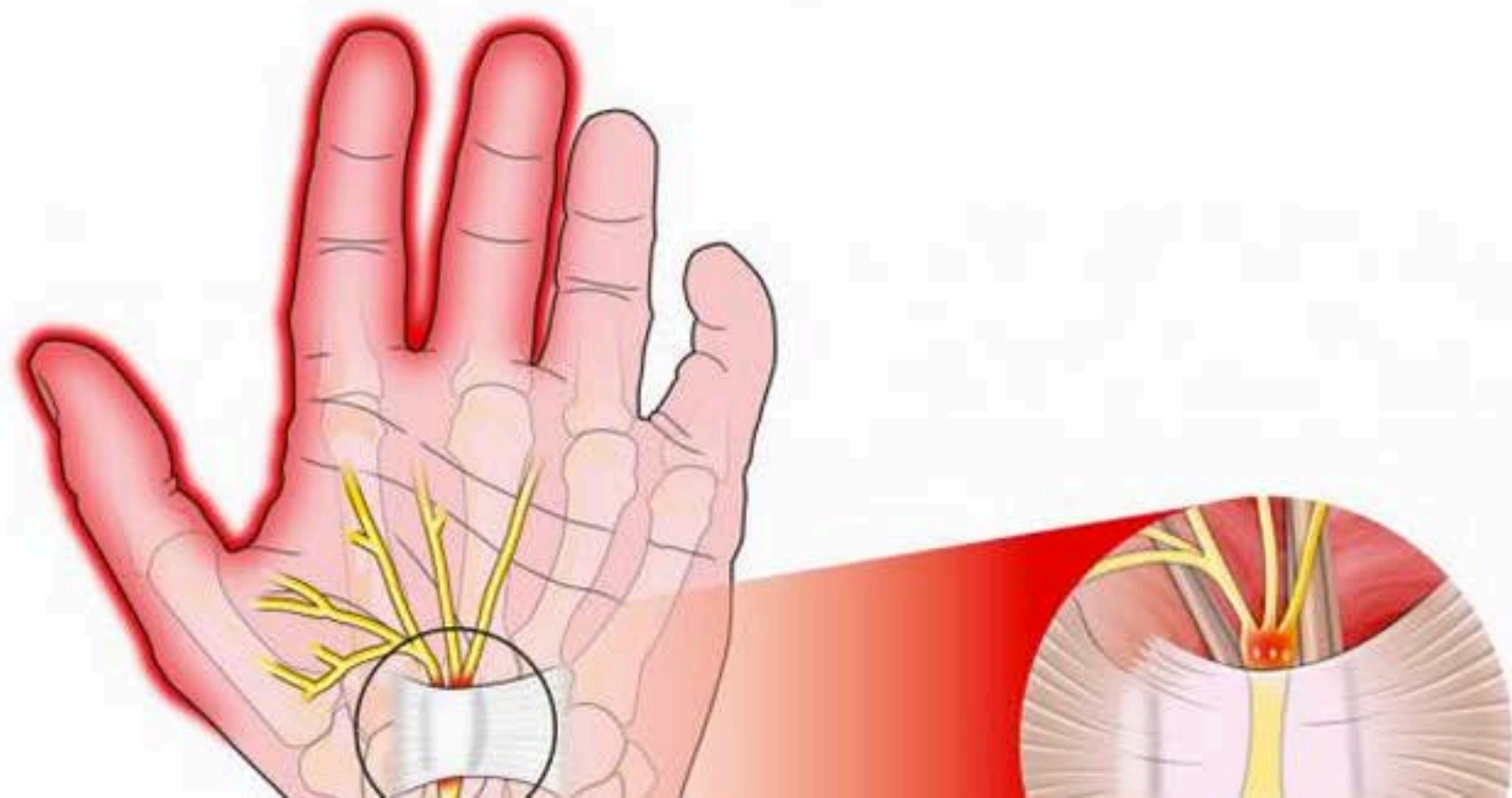
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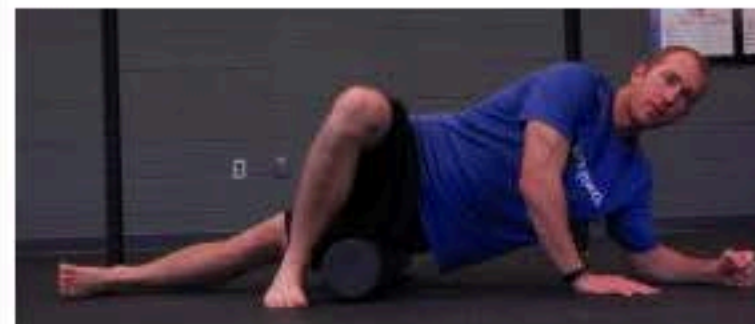
As an orthopedic hand and **wrist** surgeon, I have the opportunity to take care of a wide variety of athletes from various realms of competition. Recently, I have noticed a trend among my patients, primarily those who engage in heavy weightlifting and bodybuilding. **These individuals, both men and women, appear to be developing carpal tunnel syndrome at an alarming rate.**

How to Identify Carpal Tunnel Syndrome

It is clear these athletes are committed to the sport of weight training; however, their **bodies are rebelling** in a not-so-subtle way with the development of carpal tunnel syndrome. Carpal tunnel syndrome itself is a compression of the median nerve of the wrist (pictured below) and unfortunately, this compression causes numbness, tingling, pain, and a debilitating lack of grip strength and dexterity.



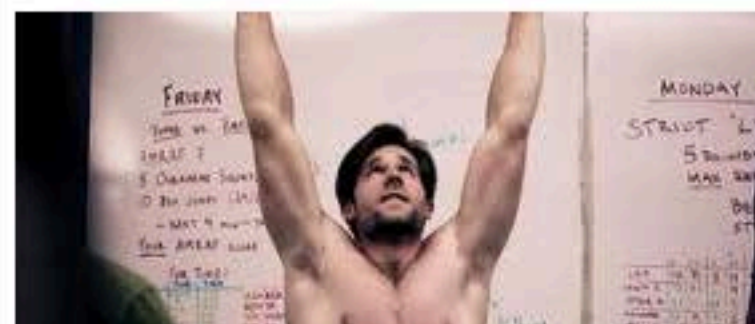
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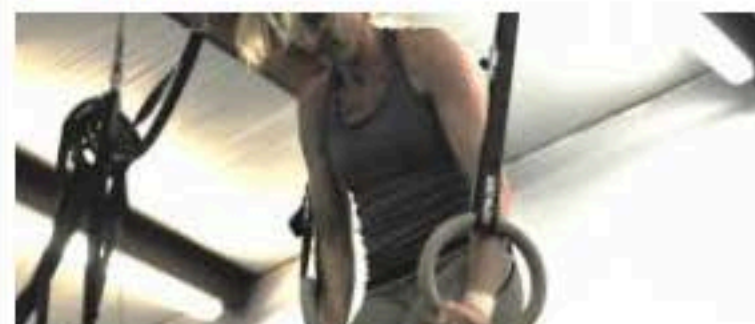
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