Carpal Tunnel Syndrome

Working with a participant with Carpal Tunnel Syndrome

First, consider the Scope of Practice guidelines from the Healing Waters course:

- ☑ Do no harm: whatever exercises you give, they should not increase the participants pain or worsen their condition
- ☑ Do not alter prescriptions assigned to the client by the medical community (without communication between yourself and the prescriber, with the client's permission for such communication). So, the MD has said, "no punching motions", and that is to be respected.
- ☑ Do not prescribe: Ask the client what they have been told (CAN do / SHOULD do) to improve their condition. If they have no idea, perhaps they should see a physiotherapist / osteopath / rheumatologist in order to determine what their best course of action is.

Important

Until comprehensive medical advice regarding movement prescription / contraindication is available, follow these suggestions:

1. Focus on functional posture throughout all movements / while stabilizing: scapular set; proper cervical alignment with ears over shoulders; neutral pelvis, stabilized by transverse abdominals, pelvic floor and multifidus.

2. Have the participant maintain a functional, neutral, pain-free position of their wrists throughout all gross-motor activities. Just maintaining their wrists well-aligned while doing other activities in the water, they will receive a mild training stimulus to the wrist stabilizers. If they have trouble doing this, they may need the wrists braced while exercising in the water (something they can investigate with their medical team).

Specific exercises for the wrists should be prescribed by their medical team