

## CARPAL TUNNEL

### Treatment interest

Post-surgery pain relief of the heel of the hand. Motor imagery awakening to allow hand reuse.  
Gives back the mobility and slide of the elements in the carpal tunnel.  
Encourages the good nerve's vascularization and its freedom of movement.  
Recover mobility and amplitude of the wrist and fingers.  
Helps scar tissue reduction. Get the grasping functions back.  
Reducing pain with the help of bead hydromassage, warm water, etc.  
Restrict the scar's adherence.

### When/frequency?

Once a day.  
In addition to the reeducation session, or in an isolated treatment, without session.

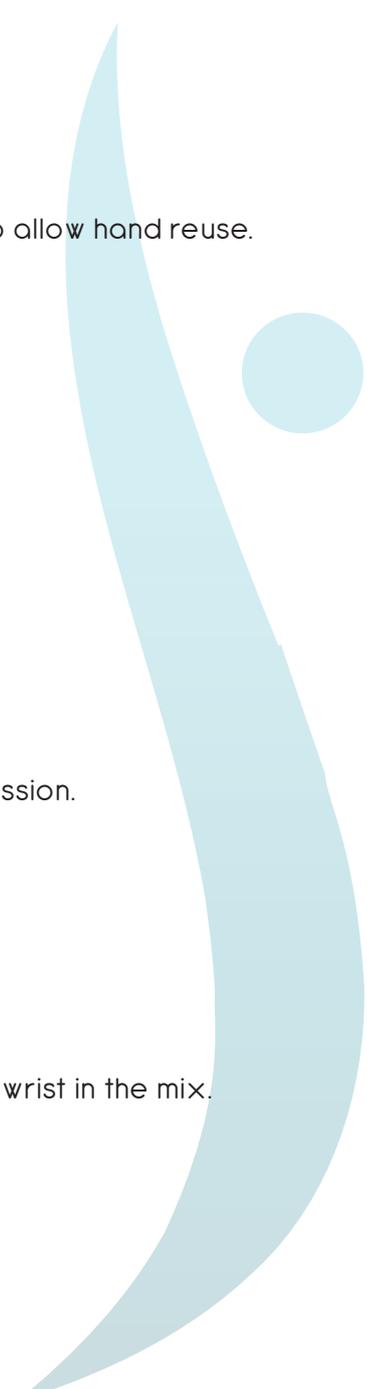
### How?

Install the patient on a chair, at the correct height. Immerse his/her hand and wrist in the mix.

**Warning:** Patient's comfort is essential.

### Which temperature?

Cold water for the hand or wrist.



## Which rotation speed?

Average - 8 to 10 rpm - with some variations for adaptation phenomenon.

## Which associated exercises?

Make so that the patient makes movements in the water and bead mix.

- 🌀 Rolling fingers
- 🌀 Thumb presentation to pad of other fingers
- 🌀 Flexion-extension of wrist
- 🌀 Wrist circumduction
- 🌀 Hand opening and wrist extension, hand closing and wrist flexion
- 🌀 Look for a bigger bead in the mix

## How long should a session last?

12 to 15 minutes.

The tank containing the beads can turn clockwise, anticlockwise or in an alternating way, in either direction. In this case, the time of use in one direction can be set from the control panel.

**Example:** For a 12-minute session, we can program cycles of 2, 3, 6 or 12 minutes by starting in the wanted direction.

**Warning:** First session can be shorter to introduce the patient to the treatment.

## How long should the treatment last?

Until the improvement is stabilized and the hand's motricity is durably recovered.