

Carpal Tunnel Complementary/Alternative Medicine

QUICK REVIEW

- Vitamin B6 supplementation appears to be quite helpful in many cases.
- Alternating hot and cold-water treatment ("contrast hydrotherapy") provides a simple, efficient way to increase circulation to the area and reduce swelling.
- Additional natural measures that may be helpful include acupuncture, bromelain, and physical therapy.

TREATMENT SUMMARY

Whenever possible, prevention is obviously best. Avoid activities that cause trauma to the median nerve through repeated flexing and extending of the wrist.

Diet

Avoid foods containing yellow dyes, a: limit daily protein intake to a maximum 1.65 g/lb of body weight.

Nutritional Supplements

- Pyridoxine: 25 mg three to four times per day
- Riboflavin: 10 mg daily

Botanical Medicine

Bromelain (1,200-1,800 mcu/gdu [milk-clotting units or gelatin-digesting units]): 250-750 mg twice daily between meals

Physical Medicine

Hot and cold therapy: immersion for three minutes in hot water followed by a thirty-second immersion in cold water. Repeat this three to five times; perform daily.

Regular wrist exercises