



HAND PAIN

Pain or swelling in the hand

CAUSES

CARPAL TUNNEL SYNDROME (CTS)

Carpal Tunnel Syndrome is also called *repetitive motion injury*. Caused by performing the same task continually, it often affects computer programmers, writers, grocery store checkers, factory workers and office workers exposed to computer work all day. It also affects persons afflicted with other disorders such as arthritis, diabetes, and kidney problems that require regular hemodialysis.

Symptoms:

- Tingling sensation (like pins and needles) that may sometimes progress into numbness and pain in the wrist, thumb and fingers
- The wrist and hand may become swollen as an indication of CTS resulting to a weakened grip
- The pain in the wrist may appear at night.

DO:

- If there is mild pain and swelling, rest.
- For workers who do the same movements repeatedly every day, take a five-minute break for every hour of work to break the repetitiveness.
- Get a soothing massage.
- Good posture should be practised at all times.
- Vitamin supplements such as Vitamin B6 and B2 help prevent and treat CTS.
- Exercise and do muscle work-outs regularly.
- When pain becomes severe and unbearable, it is best to seek professional help.

DON'T:

- Don't stay in one position too long. Varying movements once in a while can help the muscles recover.

HEADACHE

Pain in the head

TENSION

In a tension headache, victims experience pressure on the top of the head, or the back of the neck. It may happen often, and is not necessarily coupled with other symptoms. No particular cause has been determined for these headaches, but they are associated with stress, lack of sleep and poor posture.

Symptoms:

- A dull pain on the top of the head, the back of the neck or the temples
- Sore neck

DO:

- Apply an ice pack to the affected area.
- Massage the head, shoulders and neck area to help relieve tension.
- Try over-the-counter pain relievers such as ibuprofen and acetaminophen.
- Try a hot or cold shower to relax you.

DON'T:

- Don't take coffee, tea or any other beverage with caffeine as this may worsen the headaches.
- Don't go out into bright sunlight without sunglasses to protect your eyes.

MIGRAINE

See page 132.

SINUSITIS

See page 136.

