

## About 21st Century Rehab

21<sup>st</sup> Century Rehab is dedicated to you, and in providing the utmost of patient-centered care. Whether you need intensive rehabilitation after a sport injury or surgery, or occupational health services for your employees, or quick recovery from back or neck pain, you'll find the services you need at 21<sup>st</sup> Century Rehab. We look forward to becoming a resource for your good health...now and after your therapy is over.

Our staff of physical, occupational, and speech therapists and certified athletic trainers provides treatment for the following injuries:

- Arm, Wrist or Hand Problems
- Carpal Tunnel Syndrome
- Pain and/or Dysfunction Related to Arthritis
- Balance Impairments or Vertigo
- Post-Surgical Rehabilitation
- Athletic Injuries
- Occupational Health (Consultation, Risk Reduction Services and Treatment of Work-Related Injuries)
- Back, Neck and Shoulder Pain
- Hip, Knee, Ankle or Foot Pain
- TMJ Disorders, Headaches, or Facial Pain



**21<sup>st</sup>CENTURY  
REHAB**  
Work well. Play well. Live well.

## LOCATIONS

[www.21stcenturyrehab.com](http://www.21stcenturyrehab.com)

Corporate Office  
P.O. Box 461  
Nevada, IA 50201  
Ph: 515-382-3366  
Toll Free: 1-877-21REHAB

612 8th Street SW  
Altoona, IA 50009  
Ph: 515-967-4124

130 N 1st Street  
Carlisle, IA 50047  
Ph: 515-989-0100

Indianola Physical Therapy  
1507 N. 1st Street  
Indianola, IA 50125  
Ph: 515-961-7435

209 W. 2nd Street  
Madrid, IA 50156  
Ph: 515-795-2427

Dallas County Hospital  
610 Tenth Street  
Perry, IA 50220  
Ph: 515-465-7672

Franklin General Hospital  
1720 Central Ave E  
Hampton, IA 50441  
Ph: 641-456-5034

Greene County Medical Center  
100 West Lincolnway  
Jefferson, IA 50129  
Ph: 515-386-0284

Knoxville Hospitals and Clinics  
1002 South Lincoln  
Knoxville, IA 50138  
Ph: 641-842-1464

Van Diest Medical Center  
800 Ohio Street  
Webster City, IA 50595  
Ph: 515-832-7735

Story County Medical Center  
640 South 19th Street  
Nevada, IA 50201  
Ph: 515-382-7008

Wayne County Hospital  
417 South East Street  
Corydon, IA 50060  
Ph: 641-872-5278

## CARPAL TUNNEL *Syndrome*



## What is Carpal Tunnel Syndrome?

Carpal tunnel syndrome is a condition that may be caused by repeatedly performing stressful motions with your hand or holding your hand in the same position for long periods of time. CTS is classified as a cumulative trauma disorder, an ailment that attacks the body's musculoskeletal system. The musculoskeletal system is made up of muscles that pull on tendons and move the bones at joints. The joints are held together by ligaments. Carpal tunnel syndrome specifically affects the sensitive nerves of, and the blood supply that feeds, the hands and wrists.

Recent studies have shown that carpal tunnel syndrome, like all other cumulative trauma disorders, is on the rise while other workplace injuries have leveled off. Many companies are turning to occupational therapists for help in designing and implementing health promotion and injury prevention programs to protect their employees from CTS.

## What are the symptoms?

People with CTS usually experience feelings of numbness, weakness, tingling, and burning in their fingers and hands. If not treated, the symptoms may escalate into acute, persistent pain. CTS can become so crippling that people can no longer do their work or even perform simple tasks at home. At its most extreme, carpal tunnel syndrome forces people to undergo surgery and miss many days of work, or prevents them from working at all because their hand functions are permanently impaired.

## Who's At Risk?

Carpal tunnel syndrome strikes men and women of all ages, and is often found in workers whose tasks require repeating the same motion in the fingers and hand for long periods of time.

CTS has surfaced among meatpackers, assembly line workers, jackhammer operators, and employees who spend hours working at a computer. Carpal tunnel syndrome shows up in athletes as well as homemakers.

The U.S. Department of Labor has cited carpal tunnel syndrome, as well as other cumulative trauma disorders, as the cause of 48 percent of all industrial workplace illnesses. The disease affects more than five million Americans.

## How Occupational Therapists Can Help

Occupational therapists have been working in industrial and corporate settings for many years to meet the health care needs of America's workforce. They work closely with employers to educate employees about CTS – what causes it and how to avoid it through proper use of the musculoskeletal system.

Occupational therapists can target and correct poor work habits and improper work designs, such as tools, furniture, equipment, and work space. They also can assess the risk potential of an individual and determine if that person is physically unsuited for a particular job.

If you or anyone you know has symptoms of carpal tunnel syndrome, consult a occupational therapist or other qualified health care practitioner for an evaluation and individualized treatment.

## In the Workplace

An occupational therapist can help in the work environment by observing how employees work and evaluating the ergonomics. Ergonomics is the study and control of the effects of postures, stresses, motions, and other physical forces on the human body engaged in work. For instance, computer users may be sitting in a chair that forces them to slouch. Their computer screen may be too high, causing stress in the neck and shoulders, and the keyboard may be in a position that forces continued pressure on the wrist muscles. Workers standing on their feet all day may have to use tools that are designed for individuals with a larger grip. Their work station may be too high or too low, forcing them into an awkward body position. This action puts added strain on the neck, shoulders, and arms.

An occupational therapist can show employees how to adjust their work area, handle tools, or perform tasks in a way that puts less stress on the body. They may teach employees a number of exercises to increase flexibility of their arm/hand region while they are at work. Frequent brief stretching and relaxation exercises can help reduce injuries and improve productivity in the workplace. Occupational therapists also suggest short rest breaks after two hours of using the hands

## At Home

Many activities outside of work may contribute to carpal tunnel syndrome: knitting, sewing, or needlepoint; cooking and housework; video and computer games and home computer work; playing sports or cards; and hobbies or projects like carpentry or using power tools for extended periods of time.

You should also take frequent breaks and examine the tools you use at home that could be causing strain on your hands. You may need to wear a wrist splint at night, while playing sports, or when working at home. The wrist splint assists in maintaining the wrist in a neutral or straight position and allows the wrist to rest. Your occupational therapist can design an exercise program that allows you to enjoy daily activities at home.

