

youtube Video Link:

[http://www.youtube.com/watch?v=jZg\\_hOirH5Q](http://www.youtube.com/watch?v=jZg_hOirH5Q)

If it does not immediately load press F5

OMT Group



# OMT for Carpal Tunnel

OMT makes a great adjunct therapy to typical therapy in carpal tunnel. In fact I recommend that you teach the flexor retinaculum soft tissue technique to the patient's partner to be done at home. The treatment relies on creating more room for the median nerve to travel through. For advanced OMT practitioners: you may consider doing treatment of the sympathetic links from T5-T7 as you may see tissue texture changes and rotation of the vertebrae at that level on exam.

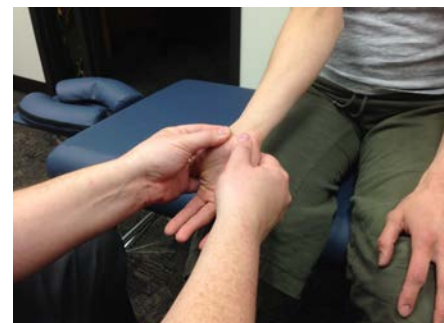
## Interosseous Membrane:

- Provider Squeezes the interosseous membrane between radial and ulna
- Provider tests in all planes of motion and then follows the motions stacking them up in an indirect fashion (follows the ease of motion)



## Flexor Retinaculum Soft Tissue:

- Physician facing patient and laces pinkies of each hand through palmar surface of patient's affected pinky and thumb (picture opposite)
- Provider then uses thumbs to stretch the flexor retinaculum (lower picture)



**Radiocarpal somatic dysfunction:** Direct method- articulatory with traction (Squeeze Technique)<sup>1</sup> patient seated with provider facing. Provider contacts over carpal area and squeezes between hands. Provider uses a figure 8 motion to treat (3-5 complete figure 8 motions)

