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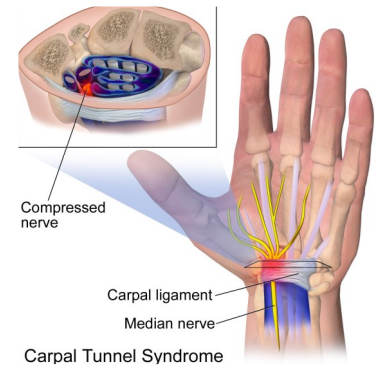


# CalAgrAbility **FACTact**

## Ability Solutions for Agricultural Communities

### Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) affects the carpal tunnel tendons and median nerve found in the carpal tunnel which is the space in the wrist surrounded by wrist bones and a rigid ligament. The median nerve carries signals from the brain to control the actions of the fingers and hand. Carpal Tunnel Syndrome occurs when tendons swell and press against the nearby median nerve causing tingling, numbness, or severe pain in the wrist, and hand, thumb, index, and middle finger. In agricultural workers, this condition develops through repetitive and excess movement of the hand and wrist by over extending or flexing for a prolonged period of time. It is also important to know that CTS is different from Rheumatoid Arthritis (RT). CTS affects the tendons in the wrist while rheumatoid arthritis affects small joints in the hands and feet. Also, RT is caused when the immune system attacks the body's tissues, unlike CTS which is caused by wear and tear.



P.C. Wikipedia

### How Can CalAgrAbility Help?

According to the U.S. Bureau of Labor Statistics, CTS is responsible for nearly 30% of repetitive motion injuries at any workplace. This is likely higher in agricultural workplaces because hours are long and fast with many repetitive motions. CalAgrAbility can connect workers with assistive tools to enable workers to keep farming safely. One example is the Henry Goat Milking kit, it is designed to make milking easier on the hands and back. The vacuum pump enables pressing and lets you milk from any sitting position. Many more tools can be found through Ability Tools (see back). CalAgrAbility staff can help you coordinate to try tools from the Device Lending Library.



Henty Goat Milking Kit

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**Ability Tools**  
Ability Tools connects  
Californians with  
disabilities to assistive  
technology devices,  
tools and services to  
make life easier.

[abilitytools.org/](http://abilitytools.org/)

**Email  
info@abilitytools.org**

**Toll Free Phone  
(800) 390-2699**

**TTY  
(800) 900-0706**

## What can I do to help my carpal tunnel symptoms?

If you experience mild CTS, you may be able to ease your symptoms with lifestyle changes and medication. One way is to take short breaks from repetitive tasks every 15 minutes and stretch out your fingers and hands. Another option is to wear a splint or brace on your wrist to keep your wrists straight and relieve pressure on your median nerve. Keeping your hands warm can also help with pain and stiffness. Lastly, over the counter medicine can help relieve some pain and inflammation but it is important to consult your doctor first.

### California Health+

<http://www.californiahealthplus.com/>

(855) 899-7587

[info@californiahealthplus.com](mailto:info@californiahealthplus.com)

Community Health Centers serve everyone who comes through their doors, regardless of your ability to pay or your insurance status. In many parts of California, CaliforniaHealth+ centers may be the only provider of comprehensive primary and preventive health care services for you, your family, and your community. Find a center near you.

californiahealth+

### American Chronic Pain Association

<https://theacpa.org/>

1-800-533-3231

PO Box 850  
Rocklin, CA 95677

Since 1980, the ACPA has offered peer support and education in pain management skills to people with pain, family and friends, and health care professionals. The information and tools on their site can help you to better understand your pain and work more effectively with your health care team toward a higher quality of life.



### Carpel Tunnel Support Groups

<https://carpal-tunnel-syn-drome.supportgroups.com/>

800-654-0987

The +supportgroups has many different support groups including the carpal tunnel support group. Participants are able to share their thoughts and feelings related to their challenges with others in the group giving advice and supporting them.

Also ask your local clinic or provider for local support groups in your area.

+ supportgroups

### Ability Tools

<https://exchange.abilitytools.org/>

800-390-2699

1000 G Street, #100  
Sacramento, CA 95814

Ability Tools is California's Assistive Technology Act Program. They provide a variety of services for Californians with disabilities of all ages. Services include AT Exchange marketplace, Device Lending Library, financial loan program for AT, information and referral, and reuse program for partners.



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[nifa.usda.gov/program/agrability](http://nifa.usda.gov/program/agrability)

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CalAgrAbility serves farm and ranch families affected by disability and illness protecting the quality of life and preserving livelihoods.

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