

CENTRAL VALLEY CHIROPRACTIC  
JAY THOMAS HOBBS, DC, DACNB

**CARPAL TUNNEL SYNDROME**

\*Look for standardized questionnaire – ASHP – Doctor’s consultation

Do you spend more than 15 minutes per day on...

Sewing	YES	NO	If yes, _____ minutes / hrs
Knitting	YES	NO	If yes, _____ minutes / hrs
Homework	YES	NO	If yes, _____ minutes / hrs
Cutting	YES	NO	If yes, _____ minutes / hrs
Forceful Wrist Twisting	YES	NO	If yes, _____ minutes / hrs
Forceful Wrist Bending	YES	NO	If yes, _____ minutes / hrs
Keyboarding	YES	NO	If yes, _____ minutes / hrs
Mousing	YES	NO	If yes, _____ minutes / hrs
_____	YES	NO	If yes, _____ minutes / hrs
_____	YES	NO	If yes, _____ minutes / hrs

(The nerves to your hand come from your neck and pass thru your shoulder and elbow.)

Have you ever been diagnosed with Carpal Tunnel Syndrome? \_\_\_\_\_

By Who ? \_\_\_\_\_ How were they certain ? \_\_\_\_\_

Have you ever had a significant injury / accident of your neck \_\_\_\_\_

If yes, When? \_\_\_\_\_ How ? \_\_\_\_\_

Have you ever had a significant injury / accident of your shoulder? \_\_\_\_\_

If yes, When? \_\_\_\_\_ How ? \_\_\_\_\_

Have you ever had a significant injury / accident of your elbow ? \_\_\_\_\_

If yes, When? \_\_\_\_\_ How ? \_\_\_\_\_

**FINDING THE CAUSE & TREATING YOU NATURALLY**