

Reducing Symptoms of Carpal Tunnel Syndrome in Software Professionals

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KEYWORDS CTS. Hand-Arm Vibration. Fitness Program. Repetitive Strain Injuries. Static Posture

ABSTRACT Computer work requires a certain posture which poses a considerable amount of strain on the worker's body. Repeated and forceful motions of the fingers, holding arms in static positions, and keeping hands in uncomfortable positions lead to the symptoms of Carpal Tunnel Syndrome (CTS). The symptoms get the leverage when enough rest is not taken throughout the workday. The symptoms of CTS get even worse in the night leading to disturbed sleep and discomfort. If not attended in time, the symptoms may increase and the movement of the hand gets restricted. The objectives of the study were to analyze the pain symptoms in fingers and wrists in software professionals and design a fitness program as an intervention to reduce pain. The findings of the study reveal that the symptoms of carpal tunnel syndrome reduce if regular stretching of wrists and fingers is done.