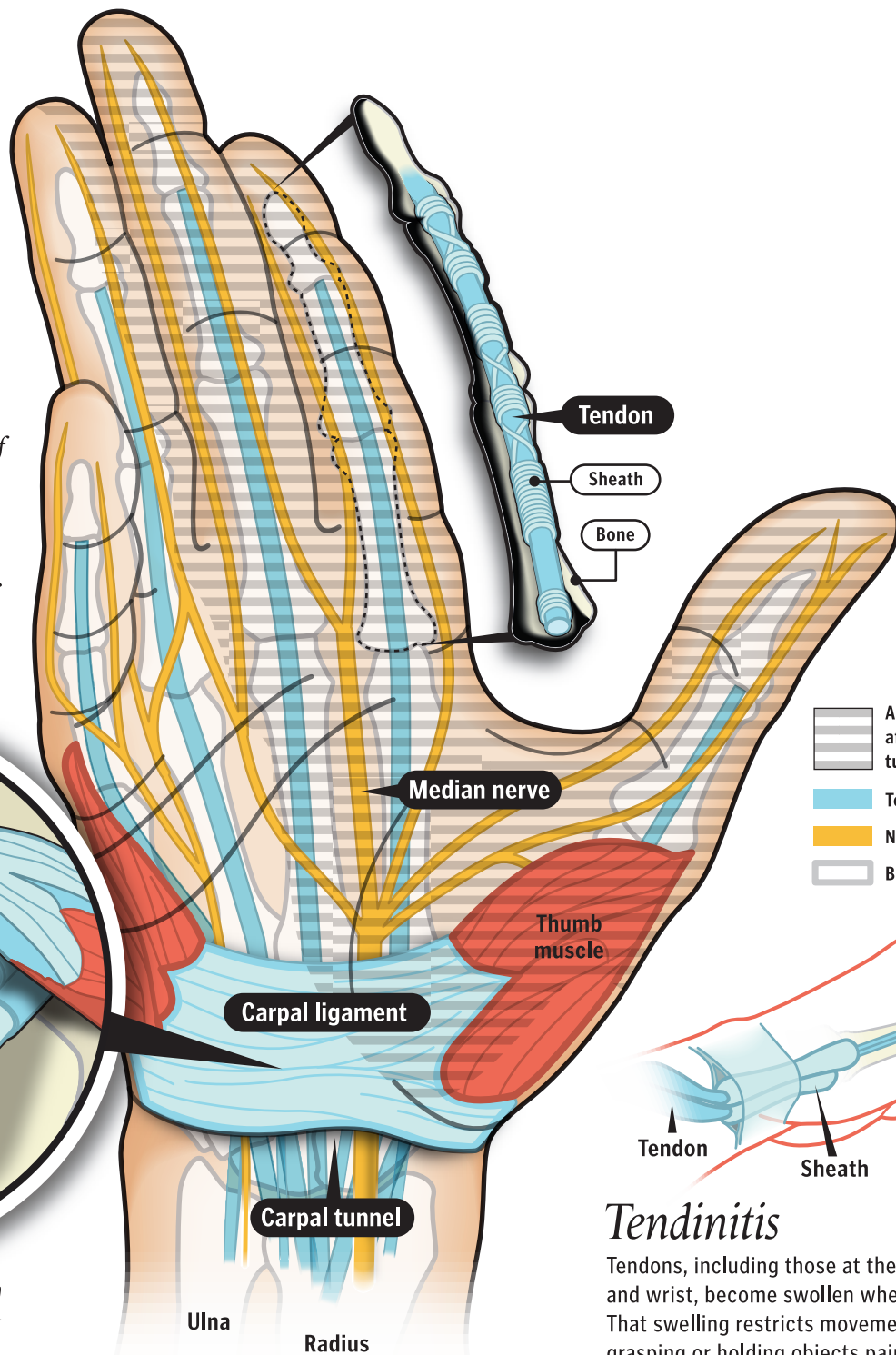




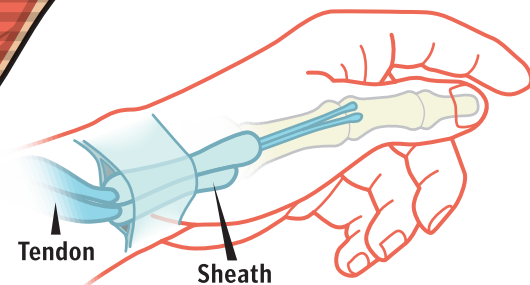
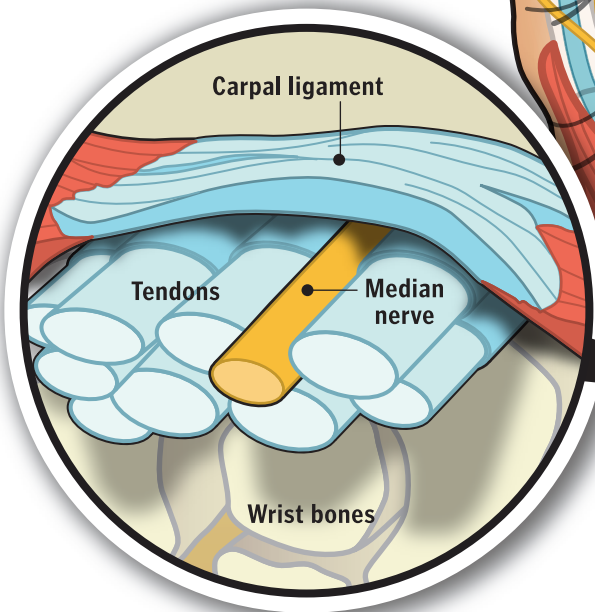


Pain and damage

The repetitive motion of work in poultry plants can cause debilitating hand pain and damage. Here are examples.



-  Area often affected by carpal tunnel syndrome
-  Tendons
-  Nerves
-  Bones



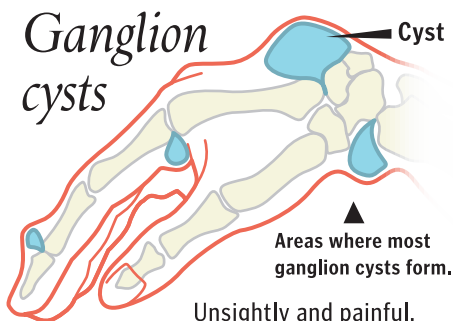
Carpal tunnel syndrome

The median nerve and nine tendons pass through the carpal tunnel – the space between the carpal ligament and the small bones of the wrist. Those tendons swell when they become inflamed, increasing the pressure on the median nerve. Carpal tunnel syndrome occurs when untreated swelling causes permanent damage to the nerve, resulting in tingling, pain, or numbness in the hand. In severe cases, when surgery is required, the carpal ligament is cut to relieve pressure on the nerve.

Tendinitis

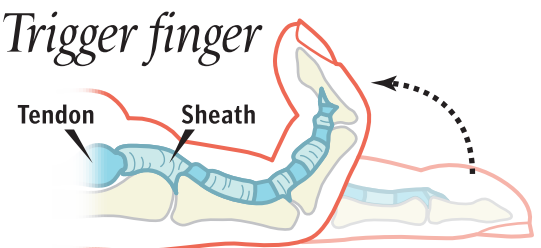
Tendons, including those at the base of the thumb and wrist, become swollen when they are inflamed. That swelling restricts movement and makes grasping or holding objects painful; thumbs and fingers may suffer numbness.

Ganglion cysts



Unightly and painful, ganglion cysts form when nearby tendons are irritated from repetitive stress. The non-cancerous cysts are filled with clear liquid, or gel.

Trigger finger



Tendons in the fingers run through sheaths of tissue that act like pulleys, allowing the fingers to flex and move. Inflammation and swelling in the tendons can cause a painful blockage that constricts movement. Sometimes fingers or thumbs lock, becoming difficult to straighten.