Secondary physical case 5: Delores Romeros

**PHYSICAL REHABILITATION**

**Name:** Delores Romeros

**DOB:** 23/08/1959

**Address:** 630 Hay Street, Wheelahan

**Case number:** PHY005

Mrs. Dolores Romeros has been referred by her GP to the Community Therapy Service (CTS) for conservative treatment of her bilateral carpal tunnel syndrome. During her occupational therapy assessment she reported symptoms of pain in both thumbs, weakness in both hands and intermittent pins and needles in her thumbs, index, middle and medial side of her ring fingers. Delores reported that she is very keen to make her hands stronger and has been exercising her hands by squeezing a stress ball throughout the day (a recommendation of a family member).

Please complete the following tasks:

• Locate 2-4 pieces of evidence to show the client that the use of a stress ball for carpal tunnel syndrome is not supported by current evidence

• Summarize this evidence in writing to present to the client, in language that she will be able to easily understand and include some suggestions for management of carpal tunnel syndrome based on current evidence or fact sheets from trust worthy source.

• Post these documents in the case conference forum in the LMS or submit to your facilitator

• Report back to the case conference

**Notes:**

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