

# Radial Tunnel Syndrome

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## Explanation of Diagnosis

Radial Tunnel Syndrome occurs when the **radial nerve** is compressed as it passes through the **radial tunnel** in the forearm, leading to **pain, weakness, and discomfort along the outside of the elbow and forearm**. Unlike tennis elbow (lateral epicondylitis), this condition **does not cause swelling** and is more related to nerve irritation than tendon damage. Symptoms may worsen with repetitive **gripping, twisting motions, or wrist extension**.

## Specific Work Modifications

- **Avoid repetitive gripping, twisting, or forceful wrist extension** (e.g., turning screwdrivers, typing, or using tools).
- **Modify tasks** by using ergonomic tools and wrist supports.
- **Take frequent breaks** to rest the arm and prevent nerve irritation.
- **Use a forearm strap or brace** to reduce nerve compression.
- **Adjust workstation** to reduce repetitive forearm strain (e.g., ergonomic keyboard and mouse).

## Specific Activity Modifications

- **Avoid** repetitive wrist extension, gripping, or twisting movements (e.g., tennis, golf, weightlifting, or playing an instrument).
- **Modify workouts** by reducing wrist-heavy movements and focusing on lower body or core strength.
- **Use a brace or compression sleeve** for support during activities.
- **Gradually reintroduce** activities once pain decreases, focusing on proper form.

## Recommended Supplements

- **Vitamin B6 (50-100 mg daily)** - Supports nerve health and function.
- **Alpha-lipoic acid (600 mg daily)** - May help with nerve regeneration.
- **Magnesium (300-400 mg daily)** - Aids in muscle relaxation and nerve recovery.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces nerve inflammation.
- **Turmeric (500 mg twice daily)** - Helps with pain and inflammation.

## Recommended Nutrition and Hydration

### Diet Recommendations:

- **Anti-inflammatory foods:** Fatty fish (salmon, sardines), berries, nuts, turmeric, and

leafy greens.

- **Nerve-supporting foods:** Avocados, eggs, dark chocolate, almonds, and whole grains (rich in B vitamins).
- **Limit processed foods and excessive sugar**, which can increase inflammation.

### Hydration Tips:

- **Drink at least 2-3 liters of water daily** to support nerve and muscle function.
- **Avoid excessive caffeine and alcohol**, which can dehydrate tissues and slow healing.

## Home Exercise Prescription

Perform **2-3 times daily** to relieve nerve compression and improve mobility:

### 1. Radial Nerve Glide (Nerve Flossing)

- Extend your arm straight out to the side with your palm facing down.
- Bend the wrist downward and tilt your head away from the affected arm.
- Slowly return to the starting position.
- **10 reps, 2-3 times daily.**

### 2. Wrist Flexor Stretch

- Extend the affected arm with the palm up.
- Use the opposite hand to **gently pull fingers back**.
- Hold **20-30 seconds, repeat 3 times.**

### 3. Forearm Supination/Pronation Exercise

- Hold a **light weight (1-2 lbs)** with your elbow bent at 90°.
- Slowly rotate your palm **up and down**.
- **10 reps, 2-3 times daily.**

### 4. Grip Strength Exercise (if pain allows)

- Squeeze a soft stress ball for **5 seconds, 10-15 reps, 2 times daily.**

### 5. Isometric Wrist Extension

- Place your hand on a table, palm down.
- Press lightly against the table without moving the wrist.
- **Hold for 5 seconds, 10 reps.**

*Avoid forceful wrist movements or gripping exercises until symptoms improve.*

## Helpful Books

1. "Why Do I Hurt? A Patient's Guide to Overcoming Chronic Pain" - Adriaan Louw
2. "The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint

*Pain*" - Anthony Carey

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