

Understanding Carpal Tunnel Syndrome 鼠标手：腕隧道症候群

Working in an office may seem like a safe job, as employees perform few physical tasks. However, if workers don't take **precautions**, routine activities like typing or cleaning could lead to serious health problems, such as [carpal tunnel syndrome](#).

在办公室上班似乎是份安全的工作，因员工只需花费少许气力。然而，员工如果忽略警告，像打字和清理等例行性活动可能导致如腕隧道症候群此一严重健康问题。

The carpal tunnel is a narrow, tube-like structure in the wrist that is formed by bones and **ligaments**. The ultra-sensitive [median nerve](#), which controls the sensations in our hand, passes through the carpal tunnel. Carpal tunnel syndrome, or CTS, occurs when the tissues in the wrist swell and **compress** the median nerve.

腕隧道则是手腕里一条窄狭、由骨头和韧带组成的管状结构。极度敏感的正中神经通过腕隧道；此一神经控制我们的手部知觉。当腕组织肿大并压迫到正中神经时，就会产生腕隧道症候群（CTS）。

It can be difficult to detect CTS because the symptoms are initially quite mild, such as an occasional **tingling** feeling or **numbness** in the hand. Over time, these sensations may occur more frequently. In severe cases, people lose **mobility** in their hands and have trouble moving their fingers.

因腕隧道症候群初期的征状极为轻微，故很难察觉腕隧道症候群的发生——如手部的微微刺痛与麻木感。经过一段时间后，刺痛与麻木的发生频率也越来越频繁。在几起严重病例里，人们的手部无法移动，就连动手指也变得有困难。

Scientists believe several factors can cause CTS, but our jobs can play an important role. Studies indicate that [assembly line](#) work and **clerical** positions put excessive stress on people's hands, increasing the risk of developing CTS.

科学家相信一些原因会造成腕隧道症候群，但病人的工作仍是主因。研究显示，生产在线的工作与办公室的行政工作会对手施加过多的压力，增加罹患腕隧道症候群的风险。

There are steps you can take to help prevent this disorder. Office workers can use proper typing posture and routinely take **stretching** breaks to ensure their hands remain healthy and flexible. People who develop CTS can undergo physical **rehabilitation** or surgery to **alleviate** the pain. However, as the saying goes, **an ounce of prevention is worth a pound of cure**.

有一些步骤有助于帮助你预防腕隧道症候群。办公室员工可藉由适当的打字姿势与例行性地做些舒展姿势，来确保手部维持健康和避免僵硬。有腕隧道症候群的人，则可透过复健或手术来减轻疼痛。然而，俗话说的好，预防胜于治疗。

— by Jamie Blackler

Vocabulary

Carpal [ˈkɑrpəl] **tunnel syndrome** 【医】腕管综合症

precaution [ˌpreɪˈkəʃən] n. 预防措施

ligament [ˈlɪɡəmənt] n. 韧带

compress [kəmˈpres] v. 压，压紧，压缩

tingling [ˈtɪŋɡlɪŋ] n. 发麻

numbness [ˈnʌmni:s] n. 无感觉，麻木

mobility [məʊˈbɪləti] n. 移动性

clerical: [ˈklerɪkəl] adj. 办事员的；书记的 of or relating to clerks or office workers or their work

stretching [ˈstretʃɪŋ] adj. 伸展的

rehabilitation [ˌriːhəˈbiːləˈteɪʃən] n. 复原；复健

alleviate [əˈlɪvɪˌeɪt] v. 减轻；缓和

Idiom

an ounce of prevention is worth a pound of cure: 预防胜于治疗 It is better to try to keep a bad thing from happening than it is to fix the bad thing once it has happened.