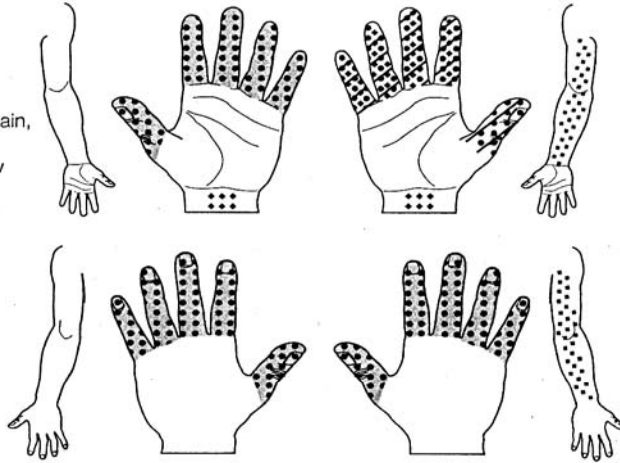


Lampiran 2

Pola variasi gejala Sindrom Terowongan Karpal

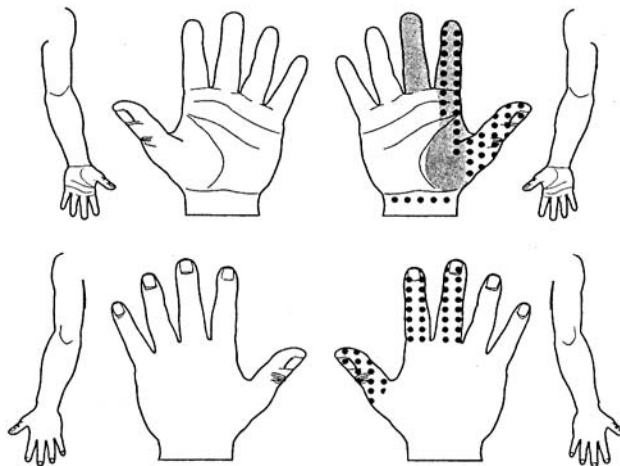
A Classic Pattern

Symptoms affect at least 2 of digits 1, 2, or 3. The classic pattern permits symptoms in the fourth and fifth digits, wrist pain, and radiation of pain proximal to the wrist, but it does not allow symptoms on the palm or dorsum of the hand.



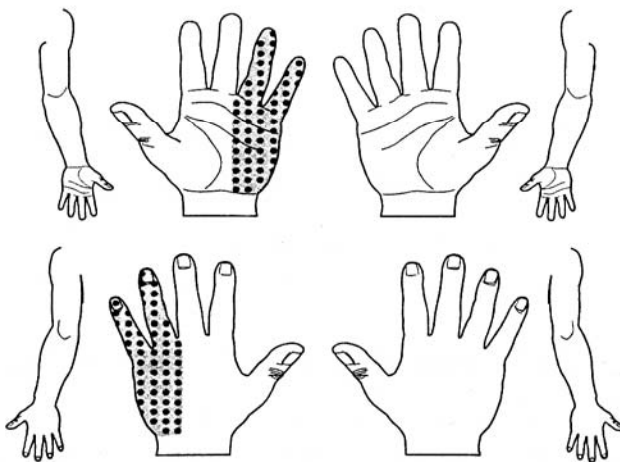
B Probable Pattern


Same symptom pattern as classic, except palmar symptoms are allowed unless confined solely to the ulnar aspect. In the possible pattern, not shown, symptoms involve only 1 of digits 1, 2, or 3.





C Unlikely Pattern


No symptoms are present in digits 1, 2, or 3.



 Numbness

 Pain

 Tingling

 Decreased Sensation

Lampiran 3

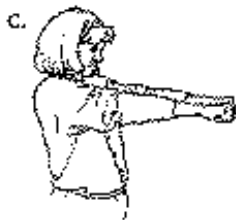
Contoh senam pergelangan tangan



Extend and stretch both wrists and fingers acutely as if they are in a hand-stand position. Hold for a count of 5.



Straighten both wrists and relax fingers for a count of 5.



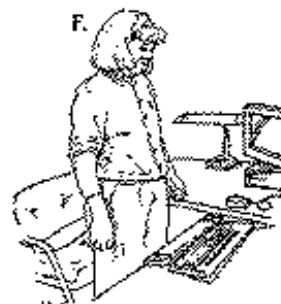
Make a tight fist with both hands. Hold for a count of 5.



Then bend both wrists down while keeping the fist. Hold for a count of 5.



Straighten both wrists and relax fingers for a count of 5.



Let your arms hang loosely at your side and shake them for a couple of seconds.

RIWAYAT HIDUP

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