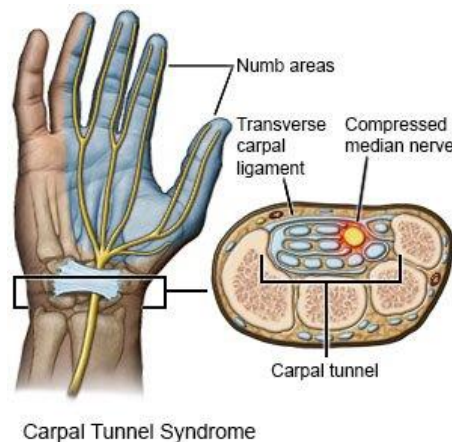




Carpal Tunnel Syndrome

What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome is a painful condition caused by pressure and compression of the median nerve in the wrist. This can cause pain, numbness, tingling and weakness of the wrist, hands, and fingers.



What causes it?

Many times, we don't know why people get Carpal Tunnel Syndrome. Occasionally, it's caused by repetitive or overuse activities, especially repeated pinching or gripping activities.

How is it diagnosed?

Carpal tunnel syndrome is often diagnosed clinically. Labs, X-rays and other studies are not required to make a diagnosis. However, a special Nerve Study can be ordered to confirm the diagnosis or clarify the diagnosis.

Treatment:

- Activity modifications – Limit repetitive activities of the hands/fingers, if possible (keyboard, typing, sewing, & gripping, etc), take breaks, switch hands if possible
- Rigid wrist splint, especially at night
- NSAIDs (ie: Ibuprofen, Advil, Aleve, etc)
- Physical Therapy – modalities, stretches and nerve glides
- Steroid injection – often helps with mild-moderate symptoms
- Hydro-dissection – injecting fluid around the nerve to release nerves that compressed
- Surgery – Carpal Tunnel Release is usually reserved for more severe or chronic cases