CARPAL TUNNEL SYNDROME

WHAT IS CARPAL TUNNEL SYNDROME?

Carpal tunnel syndrome is a condition affecting the main nerve in the wrist area. The nerve is squeezed as it passes through the tunnel together with 9 tendons of the hand.

CAUSES

The most likely cause of carpal tunnel syndrome is extra pressure on the nerve at the wrist inside the tunnel. Some medical conditions can also cause carpal tunnel syndrome.

A prolonged or constant making fist or wrist bending or even repetitive activities may put enough pressure to cause carpal tunnel syndrome.

SYMPTOMS

- Numbness and tingling (worse at night)
- Waking up at night, having to shake hand or hold over the side of the bed
- Fingers feeling swollen or fuzzy
- Dropping objects
- Weak pinch
- Discomfort in wrist, hand or fingers

DIAGNOSIS

The diagnosis is usually made based on symptoms and clinical examination by a qualified hand surgeon.

Sometimes, the surgeon may request special tests eg nerve conduction studies or imaging (MRI) in some cases.

TREATMENT

The main goal of treatment is to reduce or remove the causes of increased nerve pressure.

Some non-surgical treatment options may include:

1. anti-inflammatory medications
2. steroid injections
3. brace or splints

SURGICAL TREATMENT

Surgical release of the carpal tunnel is the most effective treatment. It takes the extra pressure off the nerve immediately and reliably.

There are several different surgical techniques to cut open the roof of the carpal tunnel. Thus, creating more room for the nerve and tendons to pass through the tunnel without pressure.

SCAN ME

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