

*my diagnosis*

## CARPAL TUNNEL SYNDROME

*Understand your condition.  
Know your next steps.*

### ***What is Carpal Tunnel Syndrome?***

The carpal tunnel is an inflexible, narrow space located on the palm side of the wrist. The median nerve and several tendons pass through this small space. A ligament forms the tunnel's ceiling, while a collection of wrist bones form the other three sides. Swelling can make the space even tighter for the median nerve, and carpal tunnel syndrome happens when the nerve is pinched. This can result in numbness, tingling, pain, and occasional weakness in the hand because that nerve is responsible for sensory feedback from the palm side of the thumb, index, middle, and ring finger. It also controls several smaller muscles of the hand and, if entrapped for long enough, can become permanently damaged.

### ***What are the symptoms?***

In the early stages of carpal tunnel syndrome, symptoms typically appear gradually and are inconsistent. Numbness, tingling, and a burning sensation in the hand and fingers are common. Symptoms may become worse with specific activities but get better when the activities are stopped. In more advanced cases, numbness and tingling are unrelenting and cause grip weakness.

### ***How did my specialist diagnose it?***

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. In certain cases, a nerve conduction study is needed to examine the nerve impulses and finalize a diagnosis.



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## ***What are the treatment options? What does my specialist recommend?***

Your hand specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	BRACING	A custom splint or brace can provide support for the hand.	Set up bracing appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	INJECTIONS	A cost-effective alternative to surgery. In the physician's office, a medication is injected directly into the carpal tunnel.	Set up injection appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	SURGERY	If you fail to improve after nonsurgical care, your specialist may wish to intervene surgically. In this procedure your hand specialist will release the ligament that is compressing the nerve. Your specialist can discuss the details of the surgery with you, should it become necessary.	Set up surgery date and time with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	THERAPY	A therapist can work with you to strengthen your hand and calm the irritated nerve. This can be accomplished through the use of modalities like ultrasound and directed exercises.	Set up a physical therapy appointment: (651) 968-5600

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