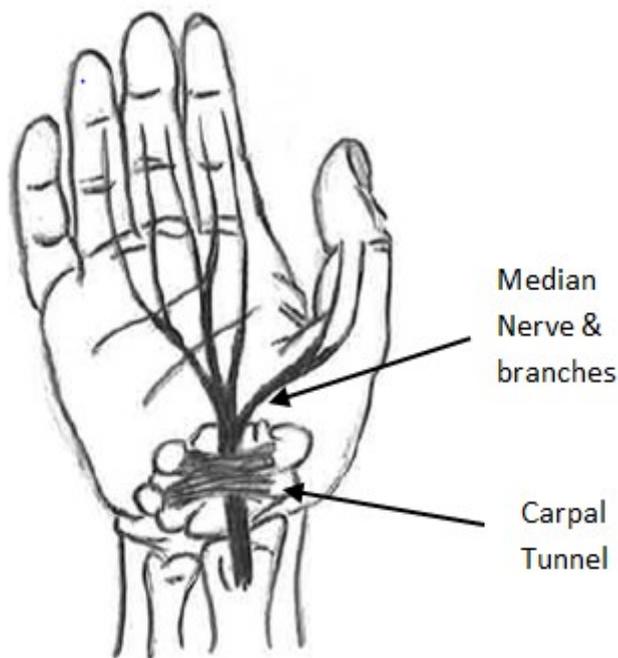


Carpal Tunnel Syndrome

What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome (CTS) is caused by pressure on the median nerve as it travels through a bony tunnel in the wrist. Patients with CTS will often describe pain, numbness, tingling or weakness to the hand. Symptoms are most common at night or early morning.



Typically your doctor can diagnose CTS from your symptoms and physical examination. However, sometimes nerve conduction studies are required to confirm the diagnosis.

Seeking help:

In a medical emergency go to your nearest emergency department or call 000.



Treatment options

A temporary splint is often used to keep the wrist in a comfortable position (usually wrist straight the fingers naturally curled). The splint is one of the most effective ways to relieve symptoms, especially when worn overnight.

Pregnant women often experience CTS. The splint usually helps and most symptoms resolve after the birth of your child.

Yoga and hand therapy help to mobilise the wrist bones to reduce symptoms and have been shown to be effective treatments for CTS.

Steroid injections can provide some short-term relief but symptoms often return once the steroid has worn off (weeks to months). Steroid tablets can also be used but are less effective and tend to have more side effects (nausea, insomnia, abdominal pains).

Simple analgesia (such as paracetamol or ibuprofen) may also provide some relief when used in addition to the above treatments.

Surgery is offered to those with severe and persisting symptoms where they do not get better even after a period of trying the above methods. Surgery consists of cutting the ligament that stretches over the top the roof of the carpal tunnel. Get a referral from your GP.

Instructions
