

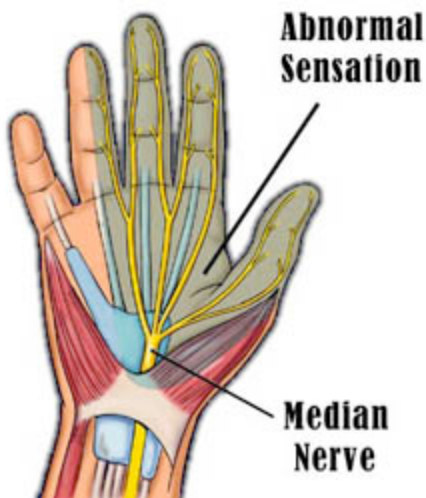
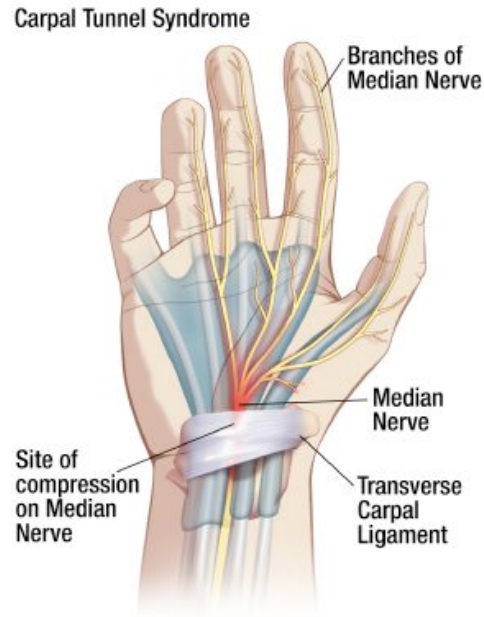
Carpal Tunnel Syndrome

What is the Carpal Tunnel?

The carpal tunnel is a passage way surrounded by bones at the base of the hand in which tendons and nerves run through. The median nerve that supplies sensation to the thumb and first two digits is affected in carpal tunnel syndrome. The median nerve can become compressed when the tendons in the carpal tunnel become thickened, if there is swelling due to trauma or overuse, development of a cyst, or in some cases people have a smaller carpal tunnel.

What are the symptoms?

Common symptoms of carpal tunnel syndrome include weakness in the hand, difficulty gripping objects, numbness, tingling or burning in the thumb, index and middle finger and pain while sleeping. Carpal tunnel syndrome is typically diagnosed with a thorough exam consisting of specific tests to the carpal tunnel. Diagnostic tests that can be performed include a nerve conduction test or electromyography (EMG). These tests help to determine the damage to the median nerve.



Treatment

If one is experiencing similar symptoms to those described above they should first seek medical advice from their physician or an orthopedic specialist. Treatment for carpal tunnel may include the use of wrist braces to avoid flexion, avoid all aggravating activities, ice and physical therapy. If conservative treatment is not successful a carpal tunnel release may be performed surgically.

If you would like more information about this issue, or need a physician referral in your area, please call us at 310-860-9720.