

*What You
Should Know
About*

Carpal Tunnel Syndrome



If you experience

- ❖ Numbness
- ❖ Tingling
- ❖ Weakness

in one or both hands.....



**ORTHOPEDIC
SPECIALISTS**

What is Carpal Tunnel Syndrome?

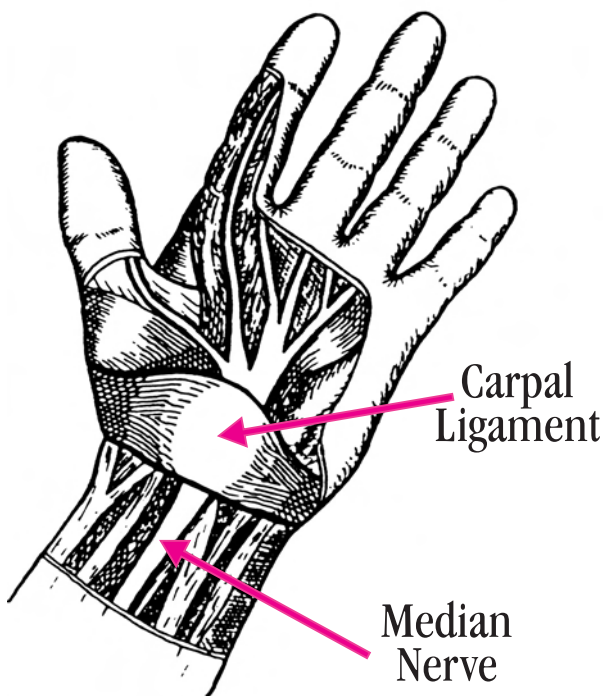
Carpal Tunnel Syndrome is a common and progressive worsening condition, usually effecting the thumb and first two fingers of one or both hands.

It usually begins as numbness or tingling with activities such as driving a car, talking on the telephone, or holding a book. It is also seen in work-related activities such as typing. Many sufferers with Carpal Tunnel Syndrome awaken at night with a numbness or burning sensation in the hand.

If left untreated, the syndrome can progress until there is constant numbness and generalized weakening of the hand which makes even simple tasks, such as buttoning a shirt or removing a lid from a jar, extremely difficult.

*Repetitive
Stress
Injuries*





How is Carpal Tunnel Syndrome treated?

A variety of treatments are used when dealing with Carpal Tunnel Syndrome. Treatment may first begin with medications, splinting, and injections. When this is unsuccessful, or the disease is very advanced, surgical treatment is the method of choice.

Carpal Tunnel surgery involves making an incision in the hand and releasing the median nerve by dividing the carpal ligament. This is performed as an outpatient, which means a stay of a few hours only, at a hospital or outpatient surgery center. This is usually performed under a regional anesthesia, which means only the arm is numb, while the patient is drowsy.

What About the New "Mini" Incision Surgery?



The physicians at Orthopedic Specialists have advanced training in the new "Mini" Incision Surgery for Carpal Tunnel release. This requires special equipment, including a small telescope and television camera to monitor the surgery. The telescope allows for precise surgery with a small incision and speedier return to work and daily activities. Ask your surgeon if this method is suitable for your case.

What Causes Carpal Tunnel Syndrome?

This syndrome is a result of minor, though often repeated, injury to the carpal ligament which stretches across the wrist. This ligament is between two bones in the wrist and can thicken with continued activity. This in turn causes pressure on the Median Nerve beneath it. This is the main nerve to the hand and pressure on it causes tingling and numbness. This can eventually result in nerve death which causes wasting of the muscles in the hand and loss of strength.

When ignored over a period of months, the nerve injury can become permanent and irreversible.

Who Gets Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome is very common and is seen in one person out of ten in this country.

Anyone whose job or hobby requires repeated wrist movement can be a victim of this syndrome. This commonly includes carpenters, mechanics, painters, artists, golfers, hair dressers, knitters, dishwashers, drivers, and grocery store scanner operators, among others. It is also very common in those who type for a living, particularly those who operate computer keyboards.

Various medical conditions can be associated with Carpal Tunnel Syndrome and contribute to its development. These include pregnancy, osteoarthritis, rheumatoid arthritis, diabetes, tendonitis, or a previously broken bone in the wrist.

What do I do now?

If you believe you may have Carpal Tunnel Syndrome - don't delay - call the office to schedule an evaluation. This condition may become permanent if not treated promptly. In addition, any significant pain in the hand, wrist, or arm should be evaluated.



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