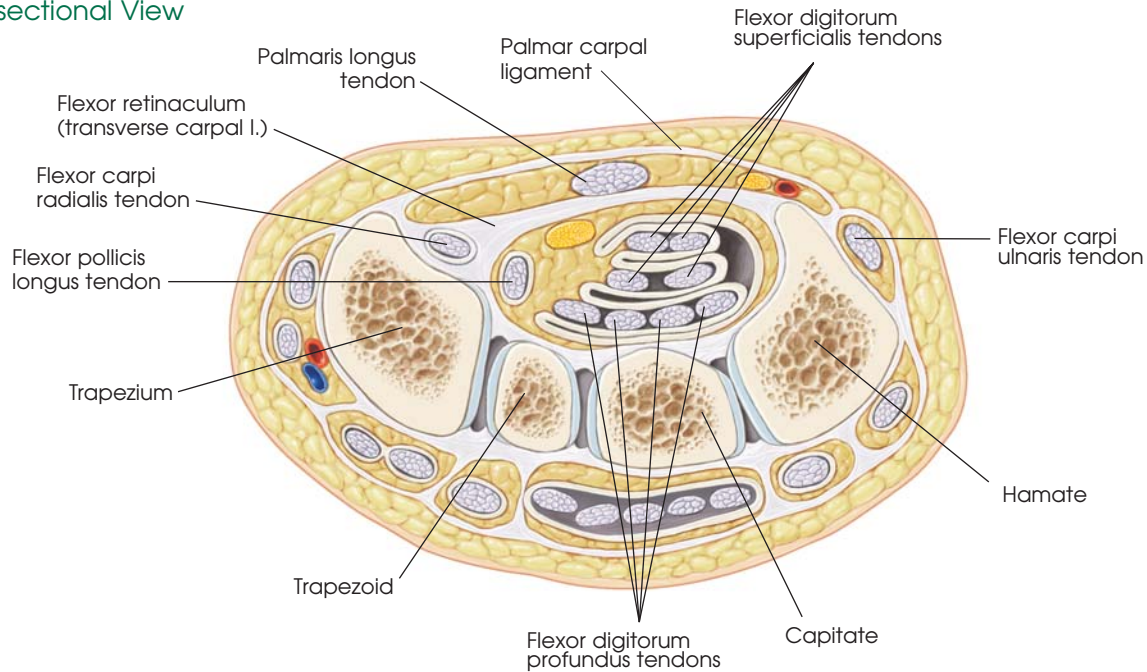
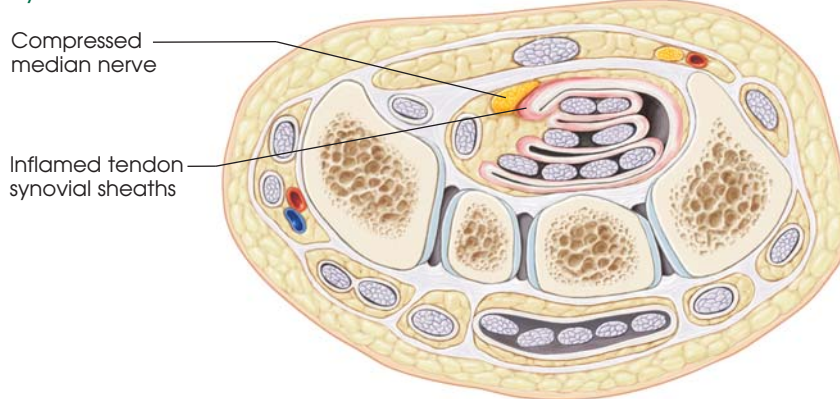


Carpal Tunnel Syndrome

Normal Wrist Anatomy: Cross-sectional View



Carpal Tunnel Syndrome



Carpal Tunnel Syndrome occurs when the median nerve that runs through the narrow passageway on the front side of the wrist is squeezed or pressed. This disease is usually caused by a combination of factors that cause the carpal tunnel to squeeze the nerves such as: repetitive trauma, systemic disorders (such as rheumatoid arthritis or hormone disorders), trauma or injury, genetics (which determines inherited carpal tunnel size). Women are more likely than men to develop carpal tunnel syndrome. Symptoms of the disease include pain, weakness, tingling or numbness in the hand and wrist.

Common Treatment Options

- A splint may be applied to keep the wrist immobile during the day or while sleeping.
- Take anti-inflammatory medications such as ibuprofen or naproxen as prescribed by your doctor.
- Steroid injections may be recommended by your physician.
- Surgery may be recommended if nerve impairment is severe.
- Protect your wrists by reducing force of grip, take frequent breaks, and watch hand and wrist form and body posture.
- Avoid impact onto the front side of the wrist.

