

PROVIDING SPECIALISED TREATMENT FOR

- IMPINGEMENT
- ROTATOR CUFF DISEASE
- INSTABILITY
- FROZEN SHOULDER
- OSTEOARTHRITIS
- POSTURAL DYSFUNCTION
- DISLOCATIONS
- FRACTURES
- CARPAL TUNNEL SYNDROME
- DE QUERVAIN'S TENOSYNOVITIS
- MALLET FINGER
- TENDON INJURIES
- OVERUSE INJURIES
- PLUS GENERAL PHYSIOTHERAPY



CARPAL TUNNEL SYNDROME

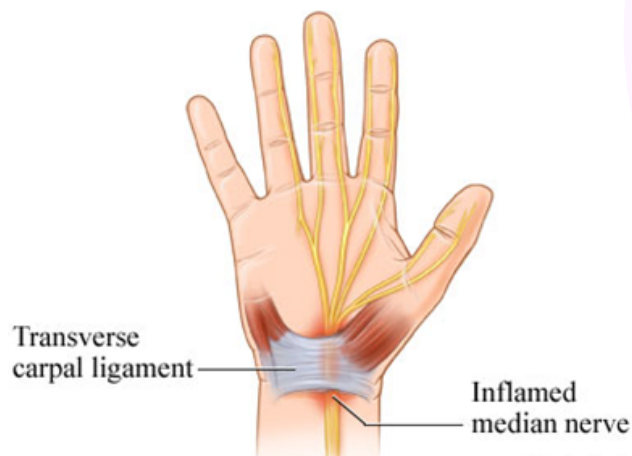
Information Brochure

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WHAT IS CARPAL TUNNEL SYNDROME?

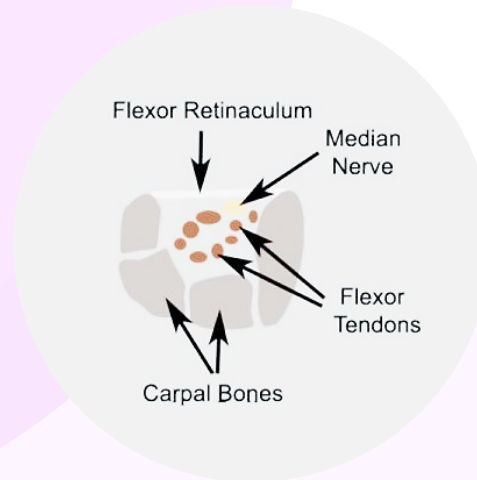
Carpal tunnel syndrome (**CTS**) is a common condition that interferes with the use of the hand. The carpal tunnel is a passageway of the wrist, three sides of which are bone and the roof completed by a strong ligament. Nine tendons which bend the fingers and thumb, as well as the median nerve travel in the tunnel. It is caused by too much pressure on the nerve as it runs through the wrist.

Compression of the nerve may result from sustained or repetitive activities using the hands and wrists. It is also associated with diabetes, thyroid disease and hormonal changes.



CTS occurs due to:

- Wear and tear around the tendons also in the tunnel.
- Previous fracture or dislocation.
- Fluid retention and swelling of the tissues.
- Use of vibratory tools



WHAT ARE THE SYMPTOMS?

Initial symptoms include tingling or numbness in the thumb, index, middle and one-half of the ring fingers. Often you are woken at night because the hand has "fallen asleep". Pain may also occur and even radiate up the arm.

If ignored CTS can progressively worsen. The grip weakens and you may start dropping things. In later stages control of the thumb is also affected.

HOW IS CTS DIAGNOSED?

Early diagnosis means there is less likelihood of permanent nerve damage. It involves careful assessment of your medical history with a physical examination. Nerve conduction studies may also be required.

WHAT ARE THE TREATMENT OPTIONS?

Treatment usually begins with a wrist splint and sometimes medication. Instruction is also given in avoidance of activities that aggravate the symptoms.

Persistent symptoms may be relieved with a steroid injection under the direction of a doctor.

If the symptoms are severe surgery is recommended. This is a minor procedure usually undertaken as day surgery. Minimal post-operative therapy is required but may involve scar management and exercises.

