

Carpal Tunnel Syndrome

David Moss, MD

Hand, Wrist, and Elbow

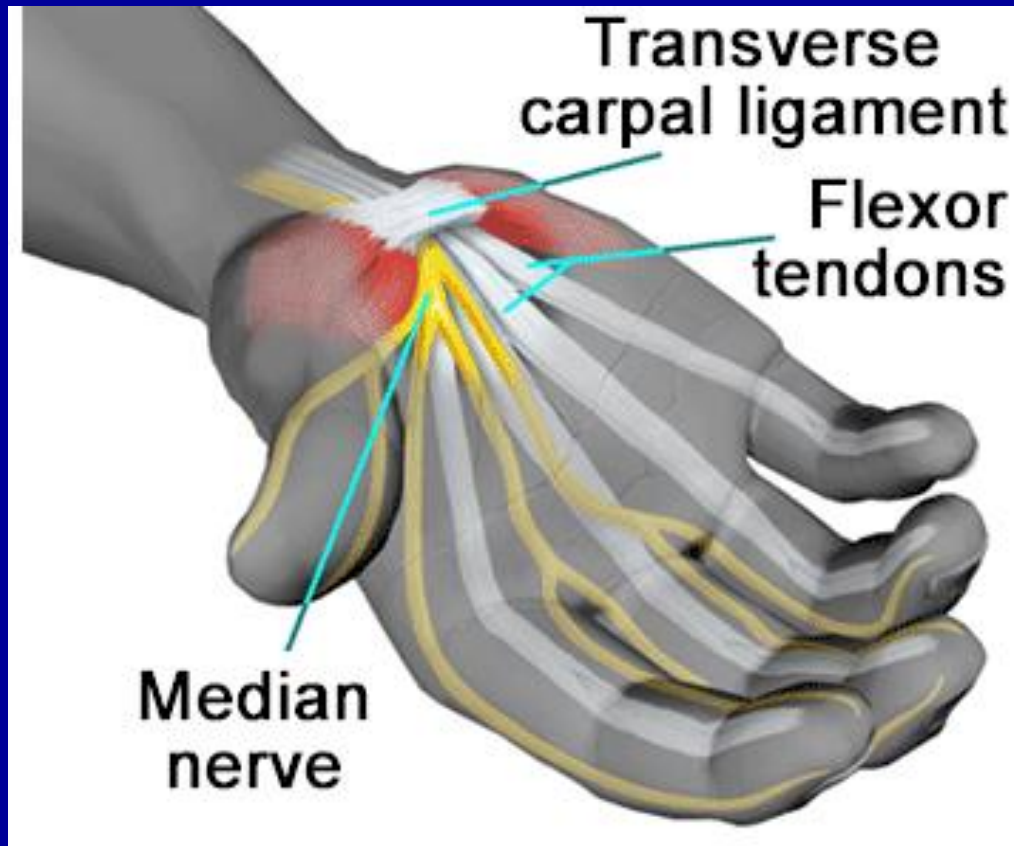
Washington Orthopaedics & Sports Medicine

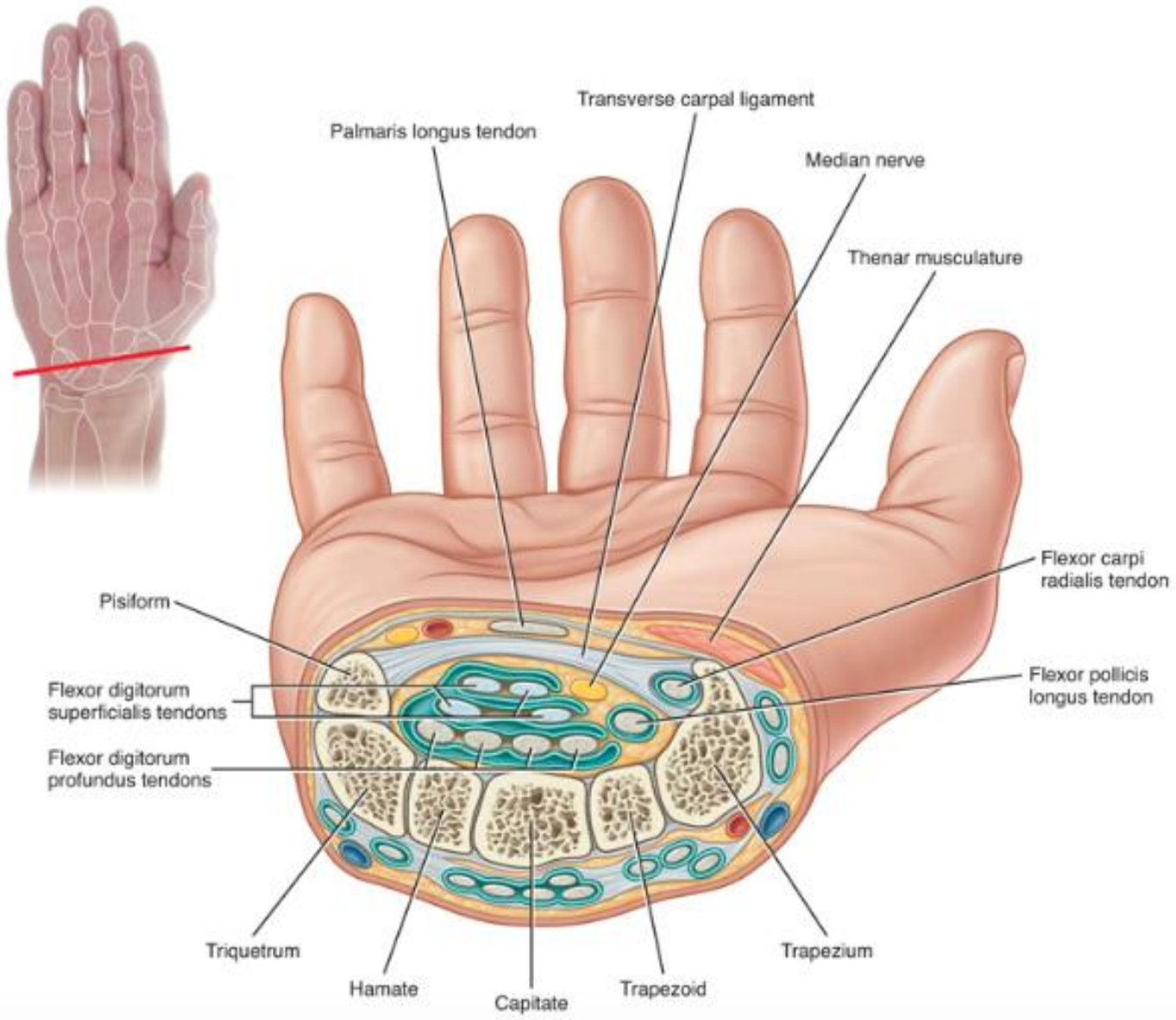
Carpal Tunnel Overview

- Definition
- Signs & Symptoms
- Epidemiology
- Diagnosis
- Treatment

What is Carpal Tunnel Syndrome?

- Compression of the median nerve at the wrist





Signs & Symptoms

Numbness

Pain



- Night pain
- “Tingling” or “burning”
- Loss of dexterity and fine motor skills
 - Earrings
 - Buttons
- Grip weakness

Who gets Carpal Tunnel Syndrome?

- Women: Men = 3:1
- Obesity
- Diabetes
- Hyperthyroidism
- Pregnancy
- Trauma



Most cases of carpal tunnel syndrome are idiopathic

Diagnosis

- History
- Physical examination
- Nerve conduction test





Nerve Study

- Nerve conduction test
- EMG
- Performed by neurologist or physiatrist

Treatment

Splint



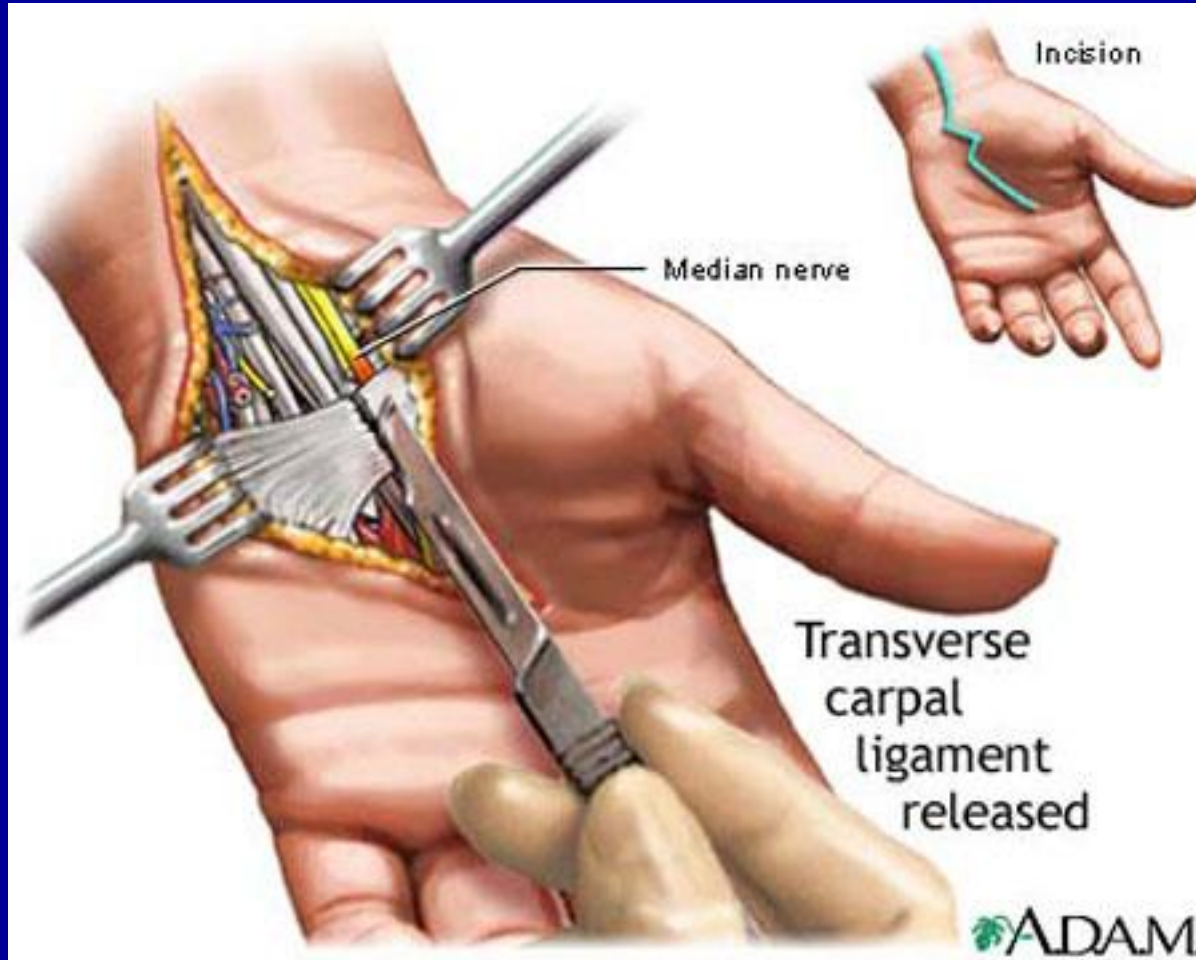
- Activity modification

Wrist Injection

- Cortisone
- Indicated in certain situations
- May provide temporary relief of symptoms
- Can sometimes provide long term relief

Surgery

Open surgery



Endoscopic surgery





What to expect if you come to the office:

- Discussion about symptoms (History)
- Short exam
 - Tinel's test, Phalen's test
- Nerve study may be ordered
 - Usually performed by neurologist
- Splint
- Surgical discussion if splint is not effective, or if severe nerve compression

Thank You

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