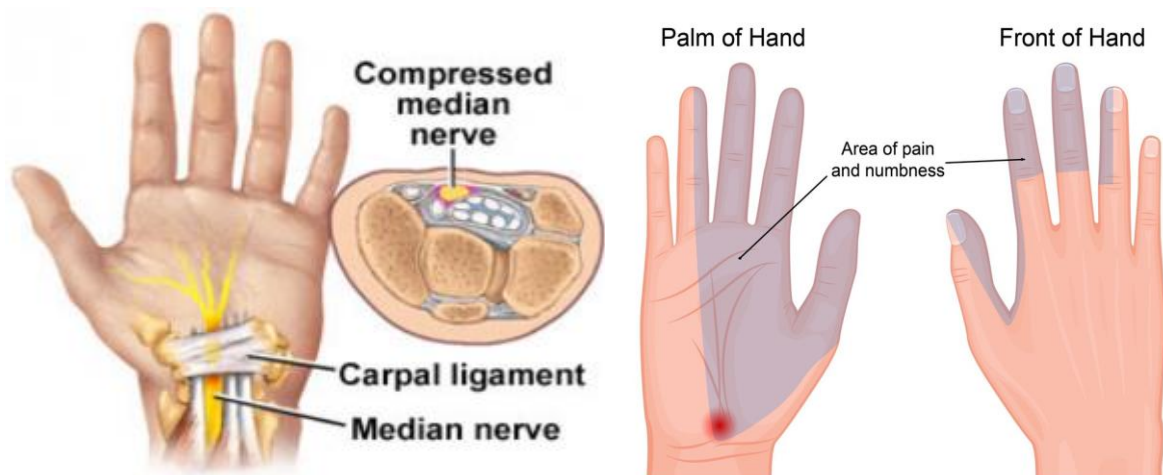


SELF-CARE INFO ON CARPAL TUNNEL SYNDROME

What is carpal tunnel syndrome?

The carpal tunnel is a narrow passage in your wrist made up of small bones which lie below a tough band of tissue above. One of the nerves (the median nerve) that control the feeling and movement in the hand runs through the carpal tunnel. Carpal tunnel syndrome (CTS) occurs when the nerve is squashed within the carpal tunnel.



What are the signs and symptoms?

CTS is a common condition that can cause pain, numbness, and a tingling sensation in the hand, first (index), middle and ring finger. Sometimes the thumb can also feel weak. Symptoms usually develop gradually, starting at night.

Do I need any tests to confirm the diagnosis?

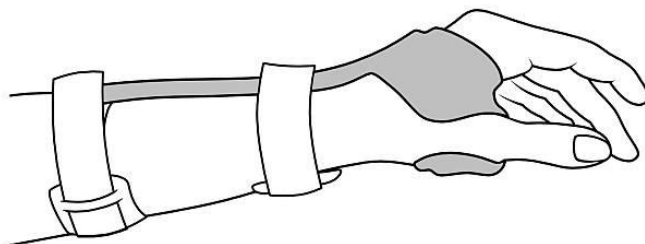
Sometimes a nerve conduction test is completed to find out the severity of the condition.

What treatments are available?

In some cases, the symptoms of CTS will resolve without treatment. Non-surgical treatments such as wrist splints or corticosteroid injections can be used to treat persistent mild or moderate symptoms. Please speak to your GP for further information regarding steroid injections if your symptoms are not settling with exercises or splinting. In more severe cases of CTS surgery by a specialist hand surgeon may be required to reduce the pressure on the median nerve.

Splinting

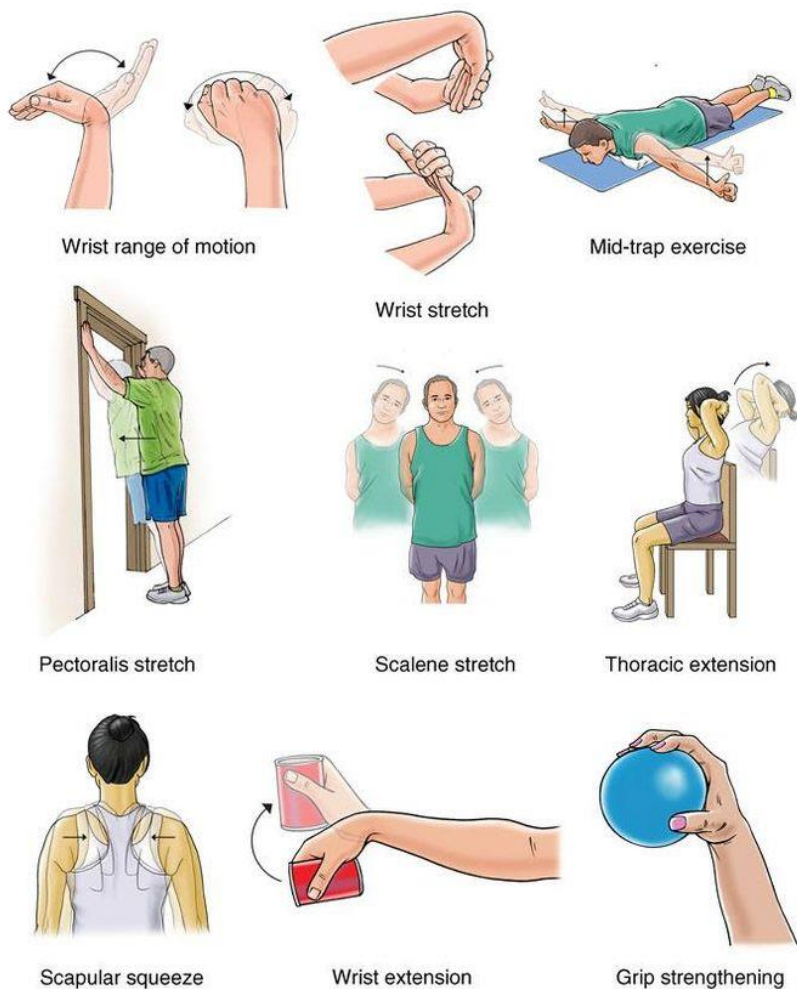
Physiotherapy may provide you with a splint or they can be bought from the pharmacy. The purpose of this splint is to prevent you from bending or straightening your wrist as this makes the carpal tunnel smaller which can bring on symptoms. The splint should be worn as follows:



Exercises

It is important you do these exercises recommended. They can help your symptoms by moving first the nerve within the tunnel and then the tendons within the tunnel. This can help reduce fluid, scarring and improve fluid return within the nerve.

Carpal Tunnel Rehabilitation Exercises



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Useful contacts

- Ask your pharmacist
- Self-refer to Physiotherapy using the link:

<https://www.ghc.nhs.uk/our-teams-and-services/adult-physiotherapy/musculoskeletal-physiotherapy-self-referral-form/>

- Patient UK - www.patient.co.uk
- NHS Choices, www.nhs.uk/conditions/

If you have further questions:

Call the ***practice*** on *01285 653184 or 01285 653122*

If you require ***urgent*** medical advice, call *111 (24 Hrs)*

In an ***emergency*** call ***999***