Carpel Tunnel Syndrome

Carpel Tunnel syndrome is a painful disorder of the wrist and hand caused by pressure on your median nerve in your wrist. This often occurs with repetitive motions of the wrist or hand.

Symptoms:
- Pain, numbness, tingling in your hand and wrist, especially in the thumb and index and middle fingers. Pain may radiate up into the forearm.
- Increased pain with increased use of your hand, such as when you are driving or reading the newspaper.
- Increased pain at night.
- Weak grip and tendency to drop objects held in your hand
- Sensitivity to cold
- Muscle deterioration, especially in the thumb (in later stages)

How is it Treated?
If you have a disease causing carpal tunnel syndrome (such as rheumatoid arthritis), treatment of the disease may relieve your symptoms. Other treatment focuses on relieving irritation and pressure on the nerve in your wrist.
- Restricting use of your hand or changing the way you use it
- Wearing a wrist splint at night or during the aggravating activities
- Exercises
- Anti-inflammatory medications if you have no contraindications
- Cortisone injection
- Surgery

How can I help prevent Carpal Tunnel Syndrome?
If you do very repetitive work with your hands, make sure your hands and wrists are comfortable when you are using them. Take regular breaks from the repetitive motion. Avoid resting your wrists on hard surfaces for prolonged periods.