



Carpal Tunnel Syndrome (CTS)

Carpal tunnel syndrome (CTS) is an upper extremity condition affecting the fingers, hand, wrist, and forearm. Structures which affect hand function including tendons and the median nerve pass through a narrow canal in the wrist called the carpal tunnel. CTS occurs when the median nerve that passes through the canal becomes compressed.

What causes CTS?

CTS can result from any condition or action which causes swelling of the tissues in the wrist. Increased swelling of the tissues in turn results in nerve compression.

Potential causes include:

- Repetitive wrist and hand use
- Injury/trauma to the hand or wrist
- Excessive wrist bending (forward or backward)
- Prolonged wrist posturing (forward or backward)
- Additional health conditions (diabetes, arthritis, thyroid imbalance)

What are symptoms of CTS?

Common symptoms of CTS include:

- Pain
- Weakened grip strength
- Loss or impairment of sensation
- Numbness, tingling, burning
- Increased tendency to drop items

Treatment Options for CTS

Symptoms of CTS can be treated through participation in skilled therapy whether conservative or surgical intervention is chosen by the patient.

Conservative Treatments (Non-surgical):

- Splinting for symptom relief
- Pain management
- Therapeutic exercise to improve range of motion, grip strength, and hand function
- Nerve gliding exercises to mobilize the median nerve
- Education in activity or work modification to prevent provoking symptoms

Surgical Treatments:

If surgery is indicated, the patient would receive post-operative care including:

- Wound care to prevent infection and promote healing
- Pain management
- Education in scar management
- Therapeutic exercise to improve range of motion, grip strength, and hand function

No matter which path you choose, our highly skilled therapists are here to help you embark on your road to recovery!

To make an appointment or for more information
Call 618.382.2927 or visit **WabashChristianTherapy.org**

Discover your own *remarkable recovery*