

Carpal Tunnel Syndrome: Causes, Symptoms, & Treatment

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Do you have **numbness, burning, pain or tingling in one or more of the fingers** (excluding the little finger)? Does it occur at night or when performing activities that involve flexing the wrist or grasping? Does the pain extend up the arm, into the elbow, or as far up as your shoulder or neck? If you answered "yes" to the above questions, you may have carpal tunnel syndrome.

What is it?

Carpal Tunnel Syndrome represents compression of the median nerve at the wrist. The nerve is about the size of a pencil and contains thousands of nerve fibers supplying sensation (feeling) to your thumb, index, middle, and half of the ring finger.

Activities that cause Carpal Tunnel Syndrome:

- √ - Repetitive gripping
- √ - Prolonged use of vibrating tools
- √ - Prolonged driving
- √ - Activities that involve repetitive flexing of the fingers or wrist

Treatment

- √ - Rest of the hand and arm
- √ - Avoidance of activities that provoke symptoms
- √ - Splint may be worn
- √ - Cortisone injection

Shaking, massaging, or elevating the hand can sometimes gain partial relief. However, when conservative treatment does not achieve the desired results, surgery may be recommended. Surgery consists of relieving the pressure on the median nerve and is usually done on an outpatient basis. The natural healing process and regeneration of nerve fibers usually takes six months to a year. People are generally back at work within 6 weeks of surgery.

For more information or to set up an evaluation:

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