



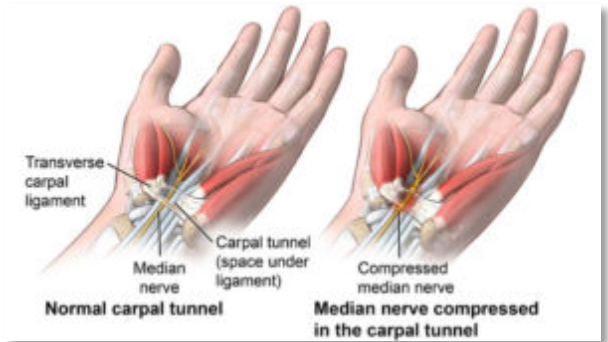
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## Carpal Tunnel Syndrome Treatments

### What is it?

Carpal Tunnel Syndrome (CTS) is the most common nerve compression injury in the body. It involves compression of the median nerve as it courses through the wrist. This can cause symptoms of numbness, pain, weakness, and tingling in the hand, notably in the thumb, index, and middle fingers and half of the ring finger. These symptoms may radiate up the arm as well.



### How do you treat it?

Treatment starts with activity modification. Identifying offending activities that lead to this (ie: typing on a laptop, using a mouse, texting) and correcting the ergonomics when performing these tasks. The key is trying to take pressure off of the volar (palmar-side) of your wrist. Sometimes a cock-up wrist brace can be used to help take the pressure off of the nerve in the carpal tunnel; wear it at night but even better if you can wear it for 23/24 hours per day for 2 weeks (take it off to bathe, when using the restroom, and to do exercises given to you).

### Are there treatments that can fix this condition faster?

Absolutely! Depending on the degree of your carpal tunnel syndrome Dr. Clearfield can perform three different procedures to help this: Osteopathic Manipulative Treatment (OMT), median nerve block (often with a corticosteroid), and nerve hydrodissection (can be done with or without a corticosteroid). All three of these techniques have been shown to reduce, if not eliminate, the pain, dysfunction, and weakness that can be caused by carpal tunnel syndrome. Talk to our staff to learn more about any of these procedures!

### What should I expect after the procedure?

You may feel pain relief and numbness immediately following the procedure which indicates the procedure has reached the area of irritation. Most patients are able to return to work/activity the day of the procedure. It is recommended you take it easy for the next two days after the procedure to avoid aggravating the injury (it is ok to do your routine, don't add in anything additional). The pain may return shortly after the numbing medication wears off until the steroid or nerve hydrodissection solution takes effect (often 1-2 days).

### How long should I expect pain relief?

The duration of pain relief varies from patient to patient depending on the amount of injury to the nerve. If your pain is caused by injuries to more than one area, it is possible that only some of your symptoms will be helped by a single procedure. The goal is to obtain 100% relief of your pain and regain full function. If the offending activities that led to the development of this can be avoided or modified, then the hope is to have indefinite relief from this burdensome condition!



Ultrasound Guided Carpal Tunnel Nerve Hydrodissection



Osteopathic Manipulative Treatment (OMT)