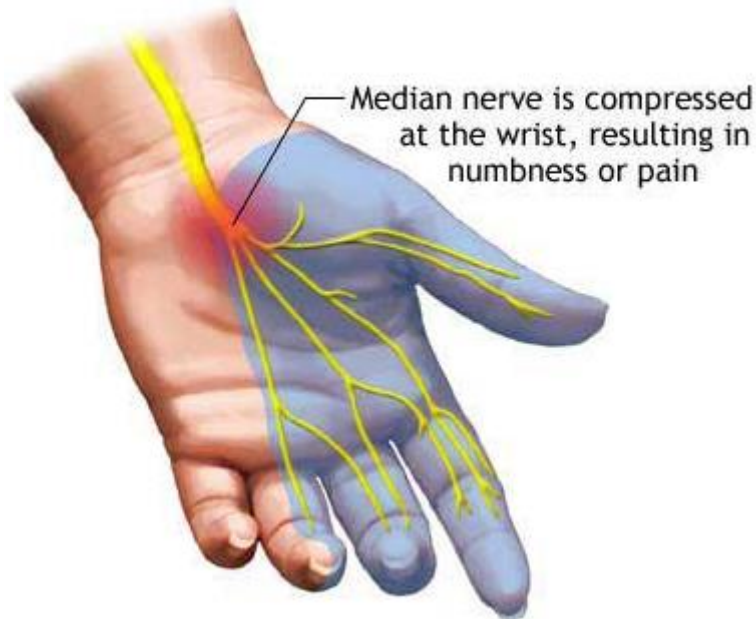


Carpal Tunnel Syndrome



Carpal tunnel syndrome is caused the nerve not working at the wrist. This causes numbness and pins and needles in your thumb and fingers in your hand but does not usually affect your little finger. It can cause some weakness in your grip. The carpal tunnel is formed of a group of small bones and a ligament across the top. The tendons and your nerve run through this space. If the blood supply and the nerve gets squashed then the nerve stops working properly resulting in tingling and numbness. This is often worse at night.

You usually feel pins and needles in your thumb and three fingers. Sometimes it causes pain or burning in your fingers with weakness in your grip. In severe cases you can see the muscle in your hand get smaller.

Treatments

Night splint.

You can buy carpal tunnel splints easily online or at the chemist. They will help with the pins and needles at night by maintaining the blood supply to the nerve at night.

Injection

An injection of steroid into the tunnel can provide good relief. This should be tried before thinking about surgery. You can have several injections without little side effects.

Surgery

The surgery involves an incision down your palm. The ligament, or roof of the tunnel is cut to allow more space. If you have permanent numbness or weakness this may take a long time to get better and may never fully recover.

