



CARPAL TUNNEL SYNDROME INFORMATION

Carpal Tunnel Syndrome occurs when the median nerve is compressed in the wrist by any number of factors which differ from one person to another. This causes tingling in the fingers followed by pain and possibly weakness. Conservative treatment is aimed at decreasing the compressive factors, while maintaining optimum function of the hand and wrist structures.

Surgery may be discussed with your doctor if conservative treatment is not successful.

CONSERVATIVE TREATMENT

1. SPLINT

- Use as instructed by your therapist or physician. Duration is determined by your therapist (based on severity and duration of symptoms).
- Necessary to immobilize the wrist and rest irritated tendons.

2. ACTIVITY MODIFICATION

- Avoid use of vibrating tools or heavy impact
- Avoid repetitive wrist motions and forceful gripping
- No leaning on the palm of the hand
- Avoid positions of prolonged wrist bending
- Avoid gripping or pinching objects with a bent wrist.
- Avoid working in cold environments (freezers) if possible.

3. EQUIPMENT

- Use ergonomic tools; cushion handles
- Wear anti-vibration gloves as possible.
- Modify hand tools, musical instruments, computer stations to decrease awkward hand and wrist positions
- Increase size of pinch grip
- Keep hands warm with proper gloves/mittens

4. CONTROL INFLAMMATION

- Cool packs as tolerated 10 – 15 minutes. HEAT may be helpful as well, if the area is not swollen.
- Physiotherapy treatments.
- Medication as prescribed by your physician.

5. EXERCISES

Tendon and nerve gliding exercises to maintain joint, tendon and nerve function and improve blood flow as prescribed by your therapist.

