

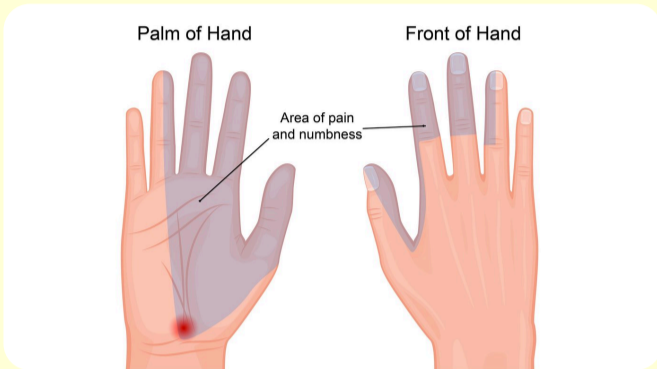
# Carpal Tunnel Syndrome

## How to prevent it



### What is Carpal Tunnel Syndrome

- Carpal tunnel is a narrow passageway surrounded by bones and ligaments at the wrist
- Carpal Tunnel Syndrome occurs when there is an increased pressure and compression on the median nerve within the carpal tunnel



### Symptoms

- Numbness
- Dull, aching discomfort
- Paraesthesia (pricking / tingling)
- Dry skin, swelling, or colour changes

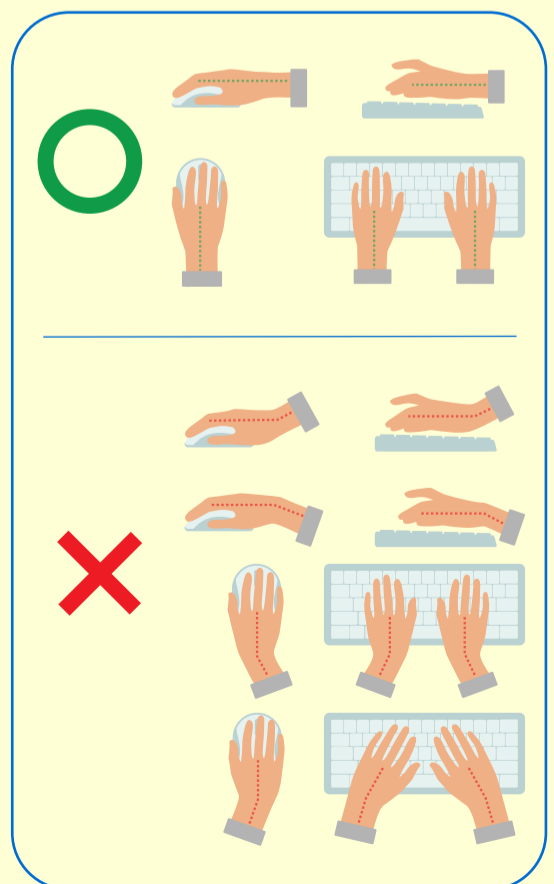
Symptoms worsen at night and early morning and may progress to weakness and functional loss.

### Causes

- Anatomic conditions e.g. wrist fracture
- Medical conditions e.g. thyroid disorders, kidney failure, diabetes
- Inflammatory condition e.g. rheumatoid arthritis
- Alteration of body fluid associated with conditions such as pregnancy or menopause
- Obesity
- Workplace factors as such vibrating tools, repetitive flexion

### Conservative Treatment

- 1) **Splint**
  - Wrist at neutral position
  - Mechanical respite for median nerve
- 2) **Pain management**
  - Analgesia or non-steroidal anti-inflammatory drug (NSAIDS) if prescribed by doctor
- 3) **Nerve gliding exercise**
  - Median nerve gliding exercises
- 4) **Activity modification principles**
  - Reduce repetitive wrist movements
  - Avoid putting wrist in prolonged extension or flexion posture
  - Avoid strong gripping or pinching
  - Use enlarged handles or grip (e.g. broom handles, sports racket holders)
  - Engage larger joints



Use of splint and nerve gliding exercises to be done under recommendation of Occupational Therapist.

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