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FACULTY OF NURSING



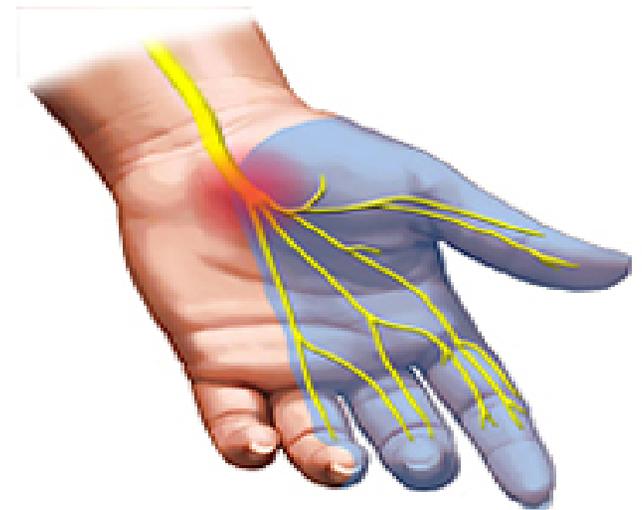
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CARPEL TUNNEL SYNDROME

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CARPEL TUNNEL SYNDROME

- It is a condition caused by compression of the median nerve, which enters the hand through the narrow confines of a carpal tunnel. It is formed by ligaments and bones. CTS is the most common compression neuropathy.

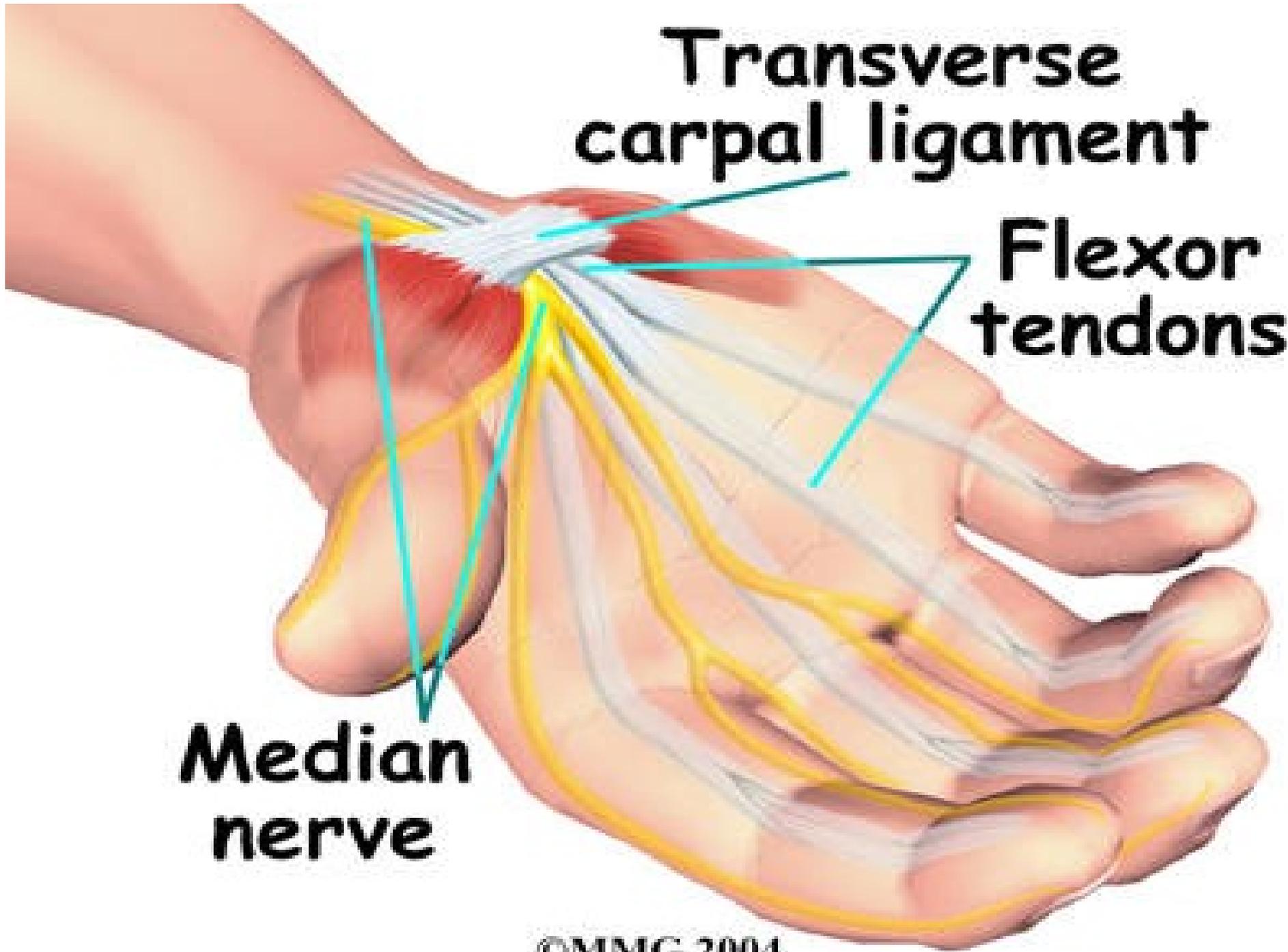


**Transverse
carpal ligament**

**Flexor
tendons**

**Median
nerve**

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Causes

- Pressure from trauma or edema caused by inflammation of tendon
- Neoplasm
- Rheumatoid synovial disease or soft tissue masses.
- This syndrome is associated with occupations that require continuous wrist movements.

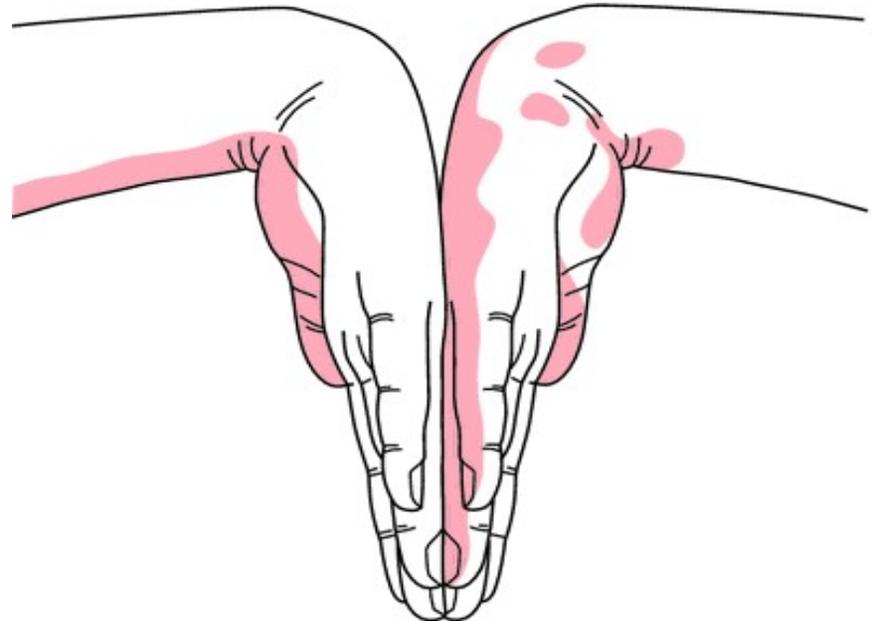
Clinical Manifestations

- Weakness especially of the thumb, burning pain (causalgia) and
- Numbness or Impaired Sensation in the distribution of the median nerve and clumsiness in performing fine hand movements,
- Tingling may present.

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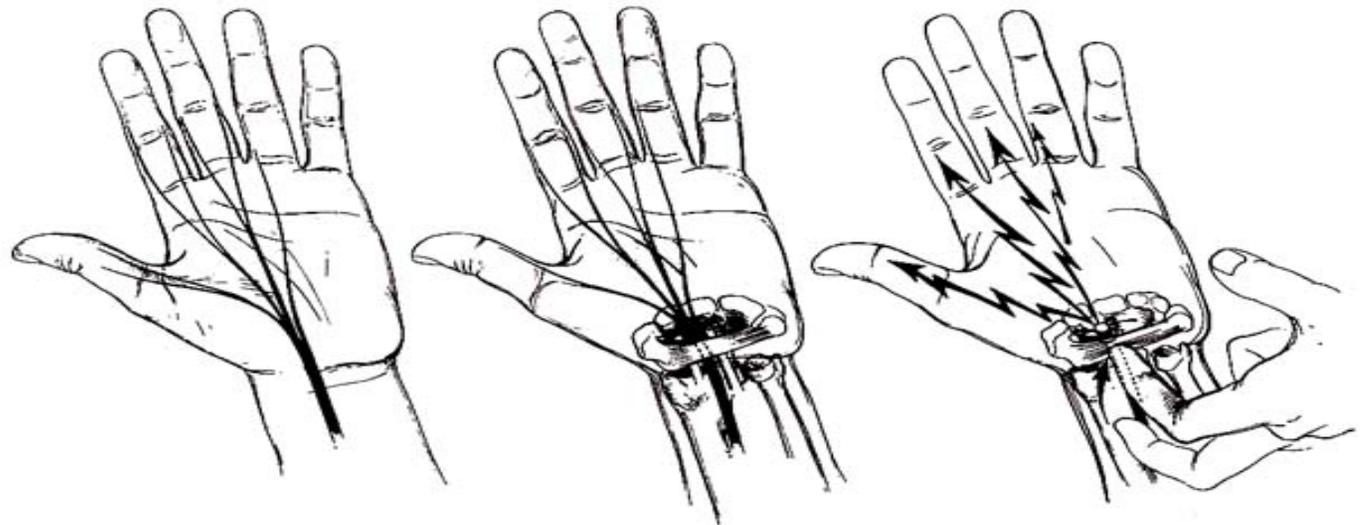
- Holding tissues in acute flexion for 60 seconds will produce tingling and numbness over the distribution of the median nerve. This is known as positive PHALENS SIGN

Phalen's Maneuver



- Tapping gently over the area of the inflamed median nerve may reproduce the parasthesia. This is known as positive TINEL'S SIGN

Tinel's sign



- Adaptive devices such as wrist splints may be worn to hold the wrist in slight dorsiflexion to relieve pressure on the median nerve.

Management

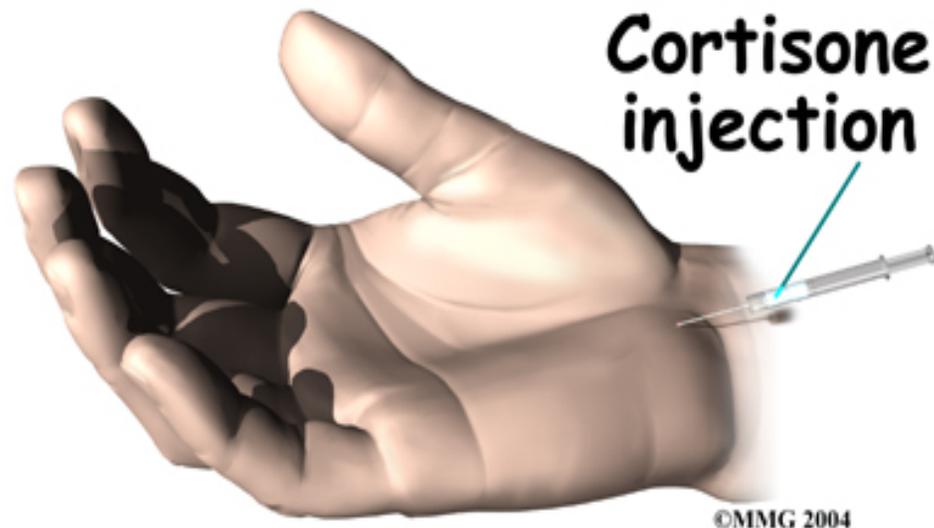
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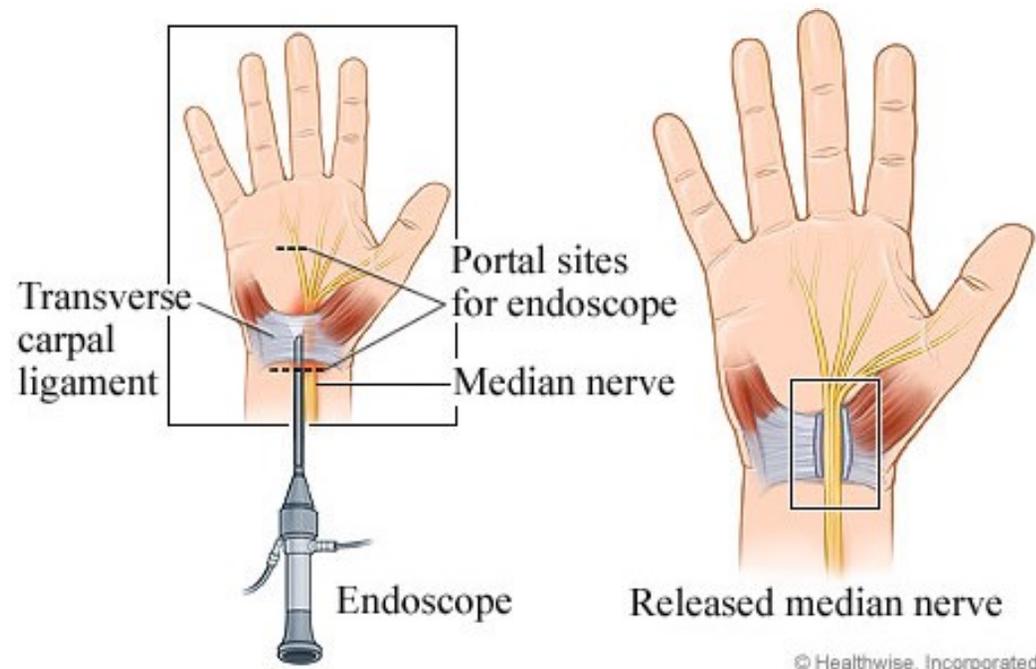
Relieve underlying cause

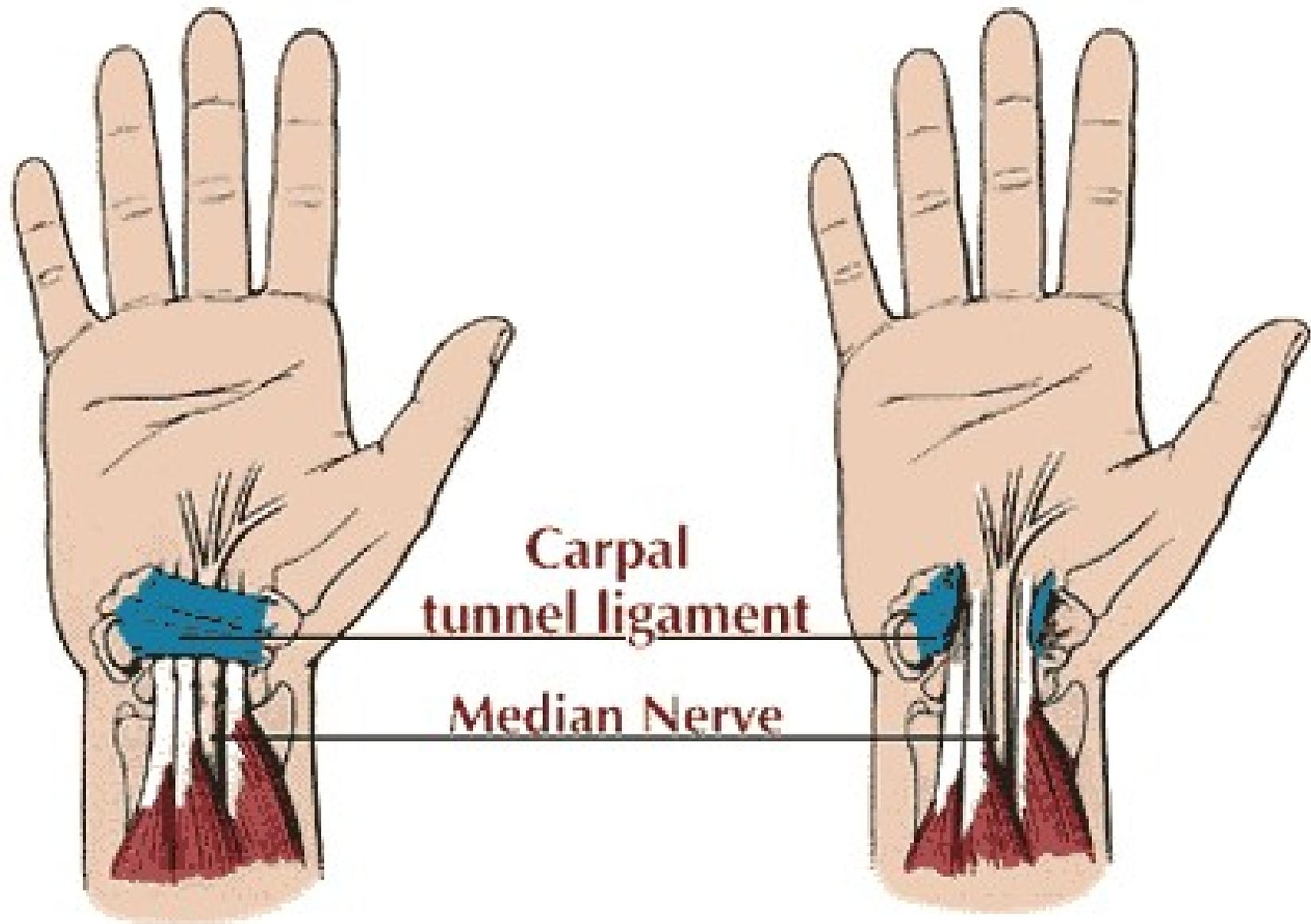
- Early symptoms can be relieved by stopping aggravating movements.
- If the cause is inflammation - inj. Corticosteroid directly in carpal tunnel may provide short term relief (6 months)



Cont...

Surgical decompression by longitudinal division of transverse carpal ligament. Endoscopic carpal tunnel release or modified carpal tunnel release procedure may also be useful.





**Carpal
tunnel ligament**

Median Nerve