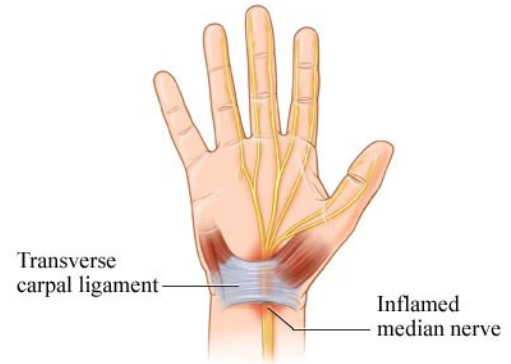


Carpal Tunnel Syndrome

Overview

This article will help you to identify some of the most common causes of wrist and hand pain with tips to help prevent and resolve these potentially disabling conditions.



What is carpal tunnel syndrome?

Carpal tunnel syndrome is pain, tingling, and other problems in your hand because of pressure on the median nerve in your wrist.

The median nerve and several tendons run from your forearm to your hand through a small space in your wrist called the carpal tunnel. The median nerve controls movement and feeling in your thumb and first three fingers (not your little finger).

What causes carpal tunnel syndrome?

Pressure on the median nerve causes carpal tunnel syndrome. This pressure can come from swelling or anything that makes the carpal tunnel smaller. Things that can lead to carpal tunnel syndrome include:

- *Illnesses such as hypothyroidism, rheumatoid arthritis, and diabetes.*
- *Pregnancy.*
- *Obesity.*
- *Making the same hand movements over and over, especially if the wrist is bent. Computer work and gardening are examples of tasks that have repeated motions.*
- *Wrist injuries and bone spurs.*
- *Smoking, because it can reduce blood flow to the median nerve.*

What are the symptoms?

Carpal tunnel syndrome can cause tingling, numbness, weakness, or pain in the fingers or hand. Some people may have pain in their arm between their hand and their elbow.

Symptoms most often occur in the thumb, index finger, middle finger, and half of the ring finger. If you have problems with your other fingers but your little finger is fine, this may be a sign that you have carpal tunnel syndrome. A different nerve gives feeling to the little finger.

You may first notice symptoms at night. You may be able to get relief by shaking your hand.

When do you need to call your doctor about your wrist pain?

If you are unsure of the cause of your wrist pain, or if you do not know the specific treatment recommendations for your condition, you should seek medical attention. Treatment of these conditions must be directed at the specific cause of your problem. Some signs that you should be seen by a doctor include:

- *Inability to carry objects or use the arm*
- *Injury that causes deformity of the joint*
- *Wrist pain that occurs at night or while resting*
- *Wrist pain that persists beyond a few days*
- *Inability to straighten or flex the joint*
- *Swelling or significant bruising around the joint or forearm*
- *Signs of an infection, including fever, redness, warmth*
- *Any other unusual symptoms*

If you have experienced any of the above-mentioned conditions or symptoms, you may be a candidate for conservative therapy at our office.

Give us a call to find out today (908) 753-0144.