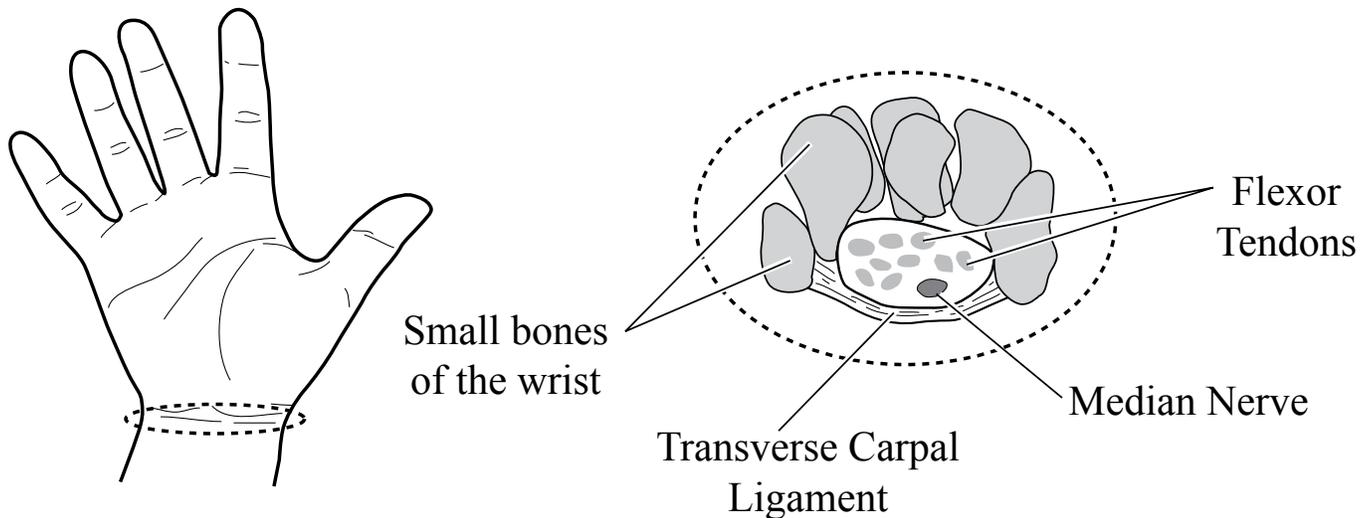


Carpal Tunnel Syndrome



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Carpal tunnel syndrome is caused by pressure on the median nerve of the wrist. The median nerve and tendons pass through the carpal tunnel at the base of your palm.



Signs

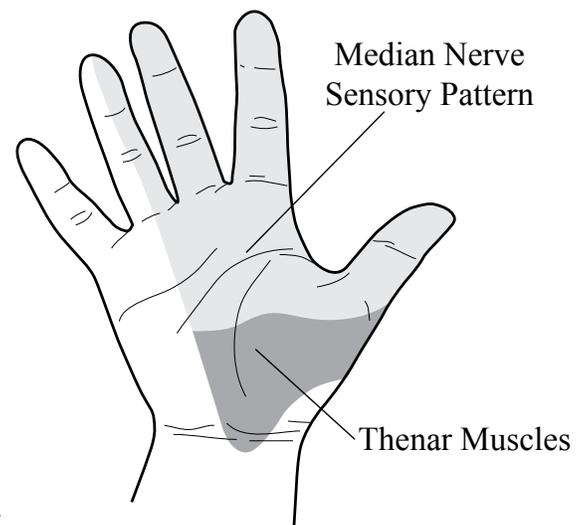
Swelling can cause pressure on the nerve causing one or more of these signs:

- Pain
- Numbness or tingling in all but the little finger
- Weak grip
- Clumsiness or you drop things
- Problems pinching thumb and fingers together

Testing

Your doctor will ask about your health history and any injuries to your hand. Other tests may be done including:

- X-rays of the hand or wrist
- Blood tests
- Nerve conduction study and electromyogram (EMG) to check for other nerve problems



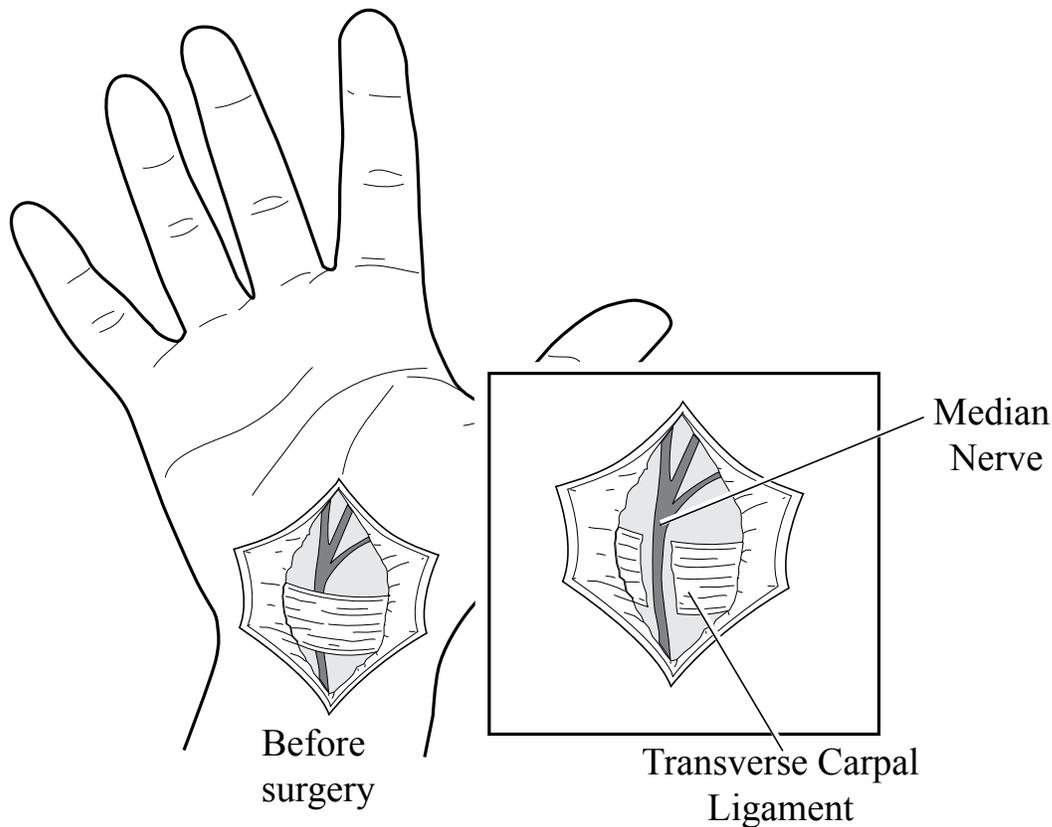
Treatment

You may need to:

- Take anti-inflammatory medicine to ease swelling and pain.
- Wear a wrist splint to reduce swelling by limiting motion, especially at night while sleeping.
- Change your activities to limit motion.
- Have steroid medicine injected into the carpal tunnel space of your wrist.

If these treatments are not helpful, surgery may be needed.

Surgery to relieve carpal tunnel is often done as an outpatient procedure. The doctor will cut the ligament that crosses over the carpal tunnel to lessen pressure on the median nerve. Surgery may not ease all signs. It may take 3 to 4 months to gain strength and normal use of the hand after surgery.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.