

MEDICAL BULLETIN
JULY 2022

CARPAL TUNNEL SYNDROME

Ang “Carpal Tunnel Syndrome” ay pangkaraniwang kondisyon ng mga manggagawa. Minsan, ang sanhi nito ay ang paulit-ulit at malakas na paggalaw ng kamay o kaya naman ay ang matagalang paggamit sa trabaho ng mga nanginginig na instrumento. Isa hanggang 3 tao sa isang libon tao ang nakakakuha nito.



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FAQS

Q: What is Carpal Tunnel Syndrome?

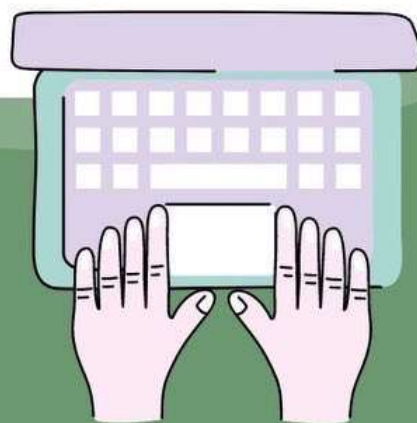
Carpal tunnel syndrome is when the median nerve is compressed as it passes through the carpal tunnel. The carpal tunnel is an opening in your wrist that is formed by the carpal bones on the bottom of the wrist and the transverse carpal ligament across the top of the wrist. The median nerve provides sensory and motor functions to the thumb and 3 middle fingers. If it gets compressed or irritated, you may have symptoms.

Q: What causes Carpal Tunnel Syndrome?

- Frequent, repetitive, small movements with the hands such as with typing or using a keyboard
- Frequent, repetitive, grasping movements with the hands such as with sports and certain physical activities
- Joint or bone disease (for example, arthritis, osteoarthritis, or rheumatoid arthritis)
- Hormonal or metabolic changes (for example, menopause, pregnancy, or thyroid imbalance)
- Changes in blood sugar levels (may be seen with type 2 diabetes)
- Other conditions or injuries of the wrist (for example, strain, sprain, dislocation, break, or swelling and inflammation)
- Family history of carpal tunnel syndrome

Q: What are the symptoms of Carpal Tunnel Syndrome?

- Weakness when gripping objects with one or both hands
- Pain or numbness in one or both hands
- "Pins and needles" feeling in the fingers
- Burning or tingling in the fingers, especially the thumb and the index and middle fingers
- Pain or numbness that is worse at night, interrupting sleep



FAQS

Q: How is Carpal Tunnel Syndrome diagnosed?

People suspected to have carpal tunnel syndrome should seek professional help. Diagnosis of carpal tunnel syndrome is confirmed by performing certain tests to detect damage to the median nerve.

- **Tinel's test** - The physician taps the median nerve at the wrist. A tingling response in one or more fingers indicates damage to the median nerve.
- **Phalen's test** - The patient puts the backs of the hands together and bends the wrists for one minute. Tingling of the fingers indicates damage to the median nerve.
- **Electromyography (EMG) and Nerve Conduction Study (NCV)** - Electrodes are placed on the forearm and electrical current is passed through the patient. Measurements on how fast and how well the median nerve transmits messages to muscles indicate if there is damage to this nerve.
- **X-ray** - To look at the bones of the wrist to determine if any abnormalities may contribute to CTS.
- **Ultrasound** - To evaluate the median nerve and assess for any mass lesions that may be present in the carpal tunnel.

Q: How is Carpal Tunnel Syndrome treated?

Treatment may include:

- **Splinting of hand.** This helps keep the wrist from moving. It also eases the compression of the nerves inside the tunnel.
- **Anti-inflammatory medication.** These may be oral or injected into the carpal tunnel space. These reduce the swelling.
- **Surgery when indicated.** This eases compression on the nerves in the carpal tunnel.
- **Worksite changes.** Changing position of your computer keyboard or making other ergonomic changes can help ease symptoms.
- **Exercise.** Stretching and strengthening exercises can be helpful in people whose symptoms have gotten better. These exercises may be supervised by a physical or occupational therapist.

