

Carpal Tunnel Syndrome: The Ultimate Illustrated Guide



Carpal Tunnel Syndrome e chart: Full illustrated

by Sebastian Girner

★★★★☆ 4 out of 5

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Carpal tunnel syndrome (CTS) is a common condition that affects the hand and wrist. It occurs when the median nerve, which runs through the carpal tunnel in the wrist, becomes compressed. This compression can cause pain, numbness, and tingling in the hand and wrist.

CTS is a treatable condition. But it's important to seek treatment early on to prevent it from becoming worse. This guide will provide you with all the information you need to understand CTS, prevent it from developing, and relieve your wrist pain if you're already experiencing it.

Anatomy of the Wrist

To understand CTS, it's helpful to first have a basic understanding of the anatomy of the wrist. The wrist is made up of eight bones, called the carpal

bones. These bones are arranged in two rows, with the proximal row (closest to the forearm) consisting of the scaphoid, lunate, triquetrum, and pisiform bones, and the distal row (closest to the hand) consisting of the trapezium, trapezoid, capitate, and hamate bones.

The carpal bones are held together by ligaments. The most important of these ligaments is the transverse carpal ligament, which forms the roof of the carpal tunnel. The carpal tunnel is a narrow passageway that runs through the wrist. It contains the median nerve and nine tendons that control the movement of the hand and fingers.

What is Carpal Tunnel Syndrome?

CTS occurs when the median nerve becomes compressed within the carpal tunnel. This compression can be caused by a number of factors, including:

- Swelling of the tendons in the carpal tunnel
- Enlargement of the transverse carpal ligament
- Fracture or dislocation of the wrist bones
- Ganglion cysts
- Rheumatoid arthritis
- Diabetes
- Pregnancy
- Obesity

CTS is more common in women than men. It typically affects people between the ages of 30 and 60.

Symptoms of Carpal Tunnel Syndrome

The most common symptom of CTS is pain in the hand and wrist. The pain is typically worse at night or when you're using your hand to do repetitive tasks, such as typing or writing. You may also experience numbness and tingling in your thumb, index finger, middle finger, and ring finger.

Other symptoms of CTS include:

- Weakness in the hand
- Difficulty grasping objects
- Clumsiness
- Dropping things
- Burning or aching sensation in the hand and wrist
- Swelling in the hand and wrist

Diagnosis of Carpal Tunnel Syndrome

Your doctor can diagnose CTS based on your symptoms and a physical examination. Your doctor may also Free Download one or more of the following tests to confirm the diagnosis:

- Nerve conduction study
- Electromyography
- MRI scan

Treatment of Carpal Tunnel Syndrome

The goal of treatment for CTS is to relieve the pressure on the median nerve. This can be done through a variety of methods, including:

- Conservative treatment
- Surgery

Conservative Treatment

Conservative treatment for CTS may include:

- Wearing a wrist splint
- Taking over-the-counter pain relievers, such as ibuprofen or acetaminophen
- Doing hand and wrist exercises
- Avoiding activities that aggravate your symptoms
- Getting a cortisone injection

Surgery

Surgery is typically only recommended for CTS that is severe or that doesn't respond to conservative treatment. The goal of surgery is to release the pressure on the median nerve. This can be done through a variety of surgical techniques, including:

- Open carpal tunnel release
- Endoscopic carpal tunnel release

Prevention of Carpal Tunnel Syndrome

There are a number of things you can do to prevent CTS, including:

- Take breaks from repetitive tasks
- Stretch your hands and wrists frequently
- Avoid using your wrists in awkward positions
- Strengthen the muscles in your hands and wrists
- Maintain a healthy weight
- Avoid smoking
- Control your blood sugar if you have diabetes

CTS is a common condition that can cause pain, numbness, and tingling in the hand and wrist. It's important to seek treatment early on to prevent it from becoming worse. This guide has provided you with all the information you need to understand CTS, prevent it from developing, and relieve your wrist pain if you're already experiencing it.

If you have any questions or concerns, please don't hesitate to talk to your doctor.



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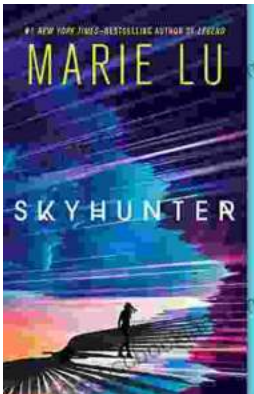
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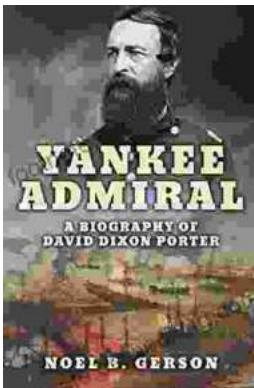
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