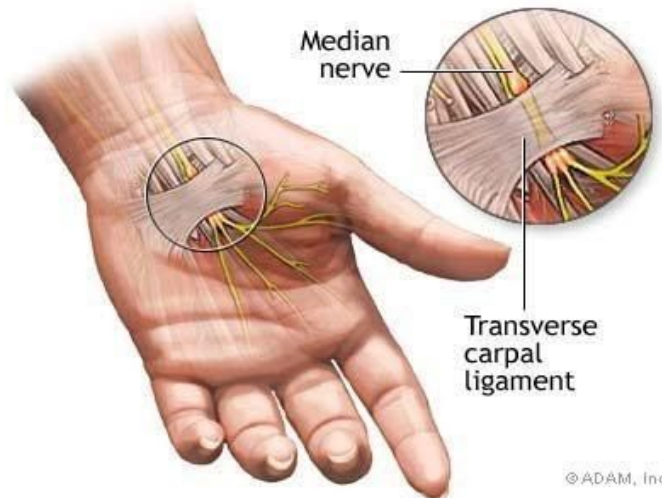


Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) is a problem that affects the wrist and hand. The **carpal tunnel** is a narrow space inside the wrist. This space lets certain tendons and a major nerve pass from the forearm into the hand. The roof of the carpal tunnel is formed by the **transverse carpal ligament**. The ligament lies across the arch of **carpal bones**, a U-shaped group of bones at the base of the palm. These bones form the hard floor and sides of the carpal tunnel.

The **median nerve**, a major nerve that carries messages between the hand and the brain, runs through the carpal tunnel. In a healthy wrist, the median nerve is not compressed in the carpal tunnel. If you have CTS, tingling and numbness can make even simple tasks hard to do.



You may also have a **nerve conduction velocity (NCV) test** and an **electromyogram (EMG)**. These tests use low levels of electric current to reveal how the nerves and muscles are working.

Nonsurgical Treatment

1. Taking medication: your provider may suggest taking anti-inflammatories. This can help reduce pain and swelling.
2. Cortisone injections: corticosteroids are powerful anti-inflammatory medications that be injected into the carpal tunnel. Steroid injections can provide relief for months, years, or may even seemingly resolve the symptoms of affected hand(s). However, the effectiveness of a steroid injection varies from patient to patient.
3. Splinting: wearing a splint, either at bedtime or during the day, may help reduce your symptoms. A splint works by keeping the wrist in a neutral (straight) position. This prevents extreme movement that may narrow the carpal tunnel. Be sure to use the type of splint suggested by your provider.