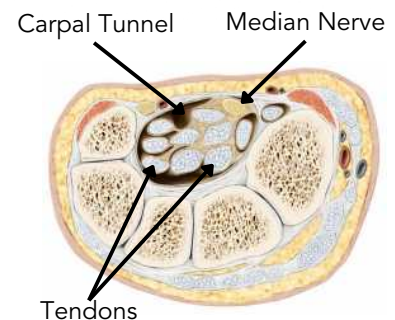


# Carpal Tunnel Syndrome

## Carpal Tunnel Syndrome (CTS)

The carpal tunnel is a narrow passageway of the wrist. It contains the median nerve and tendons which allows you to bend your thumb and fingers. CTS occurs when the median nerve that passes through the wrist gets compressed.



## Symptoms of CTS

Tingling and numbness in the thumb, index, middle and ring fingers are common symptoms of CTS. You may be awoken by these symptoms in the middle of the night, during activities such as eating with a chopstick, using the phone and using the computer, or throughout the day. On occasion, you may have even dropped cups and plates.



## Causes of CTS

CTS is commonly associated with the overuse and awkward movements of the hands and the wrist. Other risk factors may include people with diabetes and thyroid disease. Women who are pregnant may also experience CTS.



## How Can a Hand Occupational Therapist Help You?

A hand occupational therapist will explore your daily activities and suggest ways for you to modify them to relieve your symptoms. To reduce irritation of the nerve, a splint may be recommended for you to wear at night or in the day to support and prevent undesired movements of your wrist.



### Useful Tips

- Explore and modify - Identify the activities you are doing that will influence the onset and intensity of your discomfort.
- Simplify your work - Plan and prioritise your day, keep things organised and take scheduled breaks in between work.
- Minimise the amount of force necessary to complete the job - Avoid prolonged squeezing, pinching, gripping, and repetitive/awkward wrist movements.
- Wear a splint for night and/or during the day.

