



GRAHAM HOSPITAL
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Carpal Tunnel Syndrome

- Who can get it?*
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Carpal Tunnel Syndrome (CTS)

Carpal Tunnel Syndrome (CTS) occurs when there is too much pressure on the nerve that runs through the wrist.

Causes

Repetitive use/overuse, dislocation of or broken bones, swelling (fluid retention), and aging.

Who can get it?

Anyone and everyone including secretaries, therapists, nurses, doctors, housekeepers, mechanics, drivers, fighterfighters, and pregnant women.

Signs & Symptoms

Any of these signs and symptoms can be early signs of CTS. They can include: pain, burning, numbness, tingling, waking with pain or numbness in hand, fatigue, stiffness, decreased strength, decreased motion, and decreased function.

Prevention

Prevention plays a key role. Some techniques to practice include: keeping wrist in a relaxed position, taking rest breaks, splitting up a task over time, strengthening the hand and wrist, built up (bigger) handles on pens, garden tools, and various other utensils, and having an ergonomic workstation. An ergonomic workstation is very important. Refer to the picture below and side notes to better understand the correct positioning. Other helpful hints include: split/curved keyboards, wrist/arm rests for the keyboard and the mouse, lumbar support in the chair, paper holders, anti glare screens, and positioning of the screen perpendicular to the window.

Treatment

It can be corrected easily if caught early and simple daily/lifestyle changes are made, but if left untreated, it can lead to surgery or permanent damage. Treatment options if prevention fails are therapy, splinting, doctor's evaluation and surgery.

Setting up your workstation

