

Surgical Treatment

The doctor may recommend surgery to alleviate the pressure within the carpal tunnel if there is minimal improvement from therapy.

After surgery, do note the following:

- Keep your wound clean and dry. Go for wound dressing as recommended.
- If you have stitches, they are usually removed 10-14 days after your surgery.
- Manage your scar as recommended when your stitches are removed.
- Manage your pain and swelling as recommended when necessary.
- Perform hand exercises as recommended.
- Modify the way you do your daily activities.

Occupational Therapy Department

TTSH Medical Centre, Level B1

Clinic B1C

Contact:

6357 7000 (Central Hotline)

6889 4848 (Enquiries)



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occupational_therapy@ttsh.com.sg

Department of OCCUPATIONAL THERAPY

Carpal Tunnel Syndrome



Understanding Carpal Tunnel Syndrome (CTS)

Carpal tunnel syndrome (CTS) is a common problem that affects the hand. It is usually caused by an increased pressure in the carpal tunnel resulting in compression of the median nerve (Figure 1).

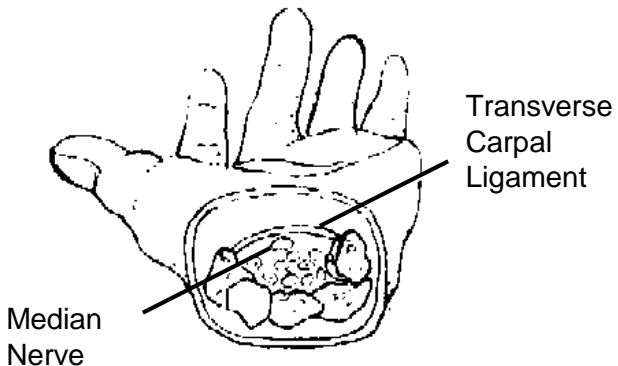


Figure 1.
Cross-section of carpal tunnel



Figure 2.
Numbness, tingling and pain may be felt in the fingers (shaded area)

Possible Causes

- Injury to the wrist such as fractures and dislocations.
- Prolonged or repetitive wrist bending and gripping.
- Prolonged exposure to vibration.
- Risk factors include obesity, rheumatoid arthritis, or diabetes.

Signs and Symptoms

- Pain, numbness, tingling in the thumb, index, middle, and ring fingers (Figure 2).
- Symptoms are more commonly felt at night but may also be noticeable during daily activities.
- May face difficulty in picking up small objects due to reduced sensitivity.
- May face difficulty in carrying bags due to weakness in grip.

Occupational (Hand) Therapy

- Wear the splint/brace prescribed by your therapist.
- Perform your exercises as recommended.
- Modify the way you do your daily activities.
- Learn self-management strategies to prevent recurrence.



Your compliance is essential for therapy to be effective!