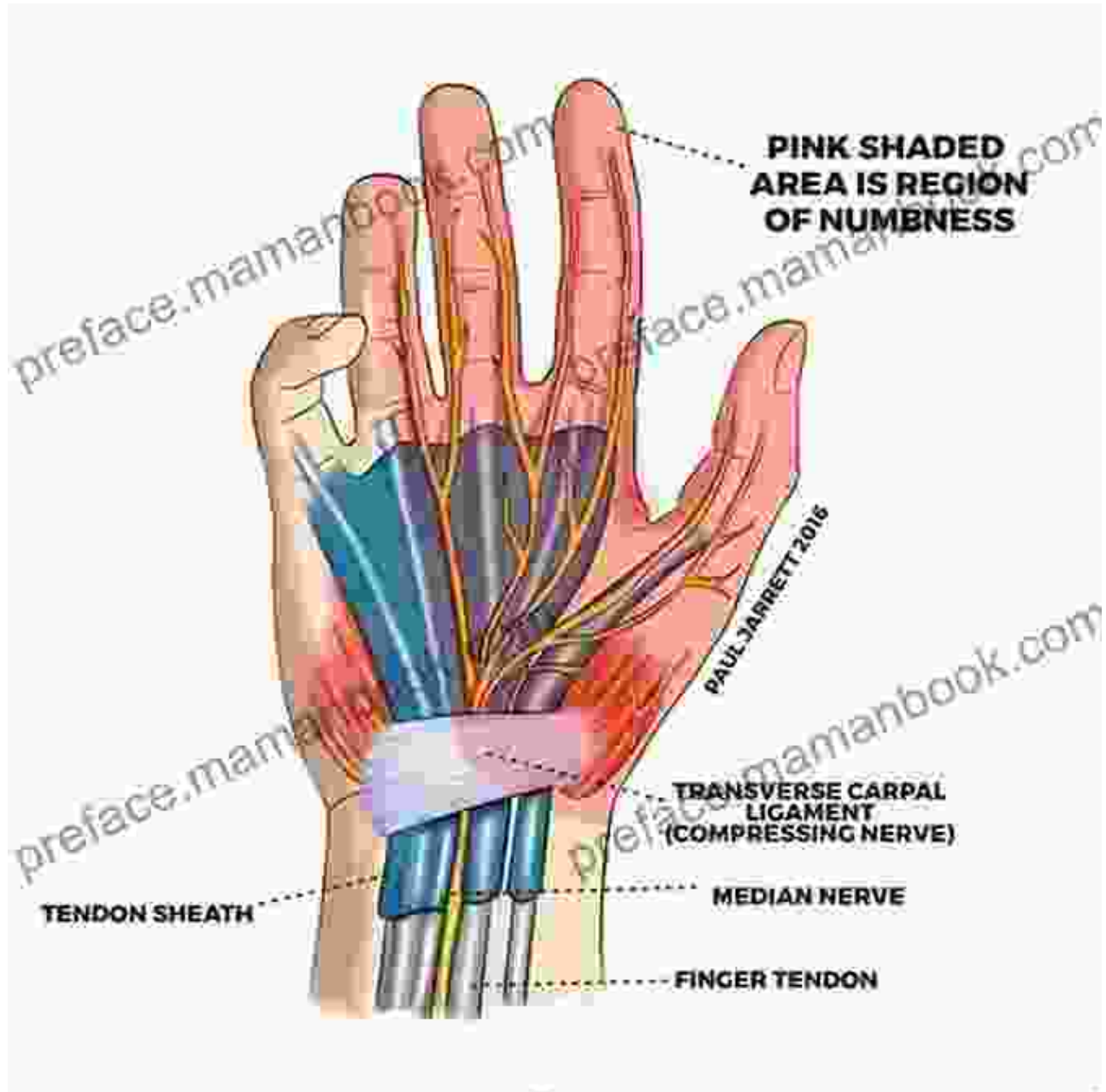


# Carpal Tunnel Syndrome Chart: Full Illustrated Guide to Symptoms, Causes, and Treatment



Carpal tunnel syndrome (CTS) is a common condition that causes numbness, tingling, and pain in the hand and wrist. It occurs when the median nerve, which runs through the carpal tunnel in your wrist, is

compressed. The carpal tunnel is a narrow passageway surrounded by bones and ligaments.



## Carpal Tunnel Syndrome e chart: Full illustrated

by Sebastian Girner

★★★★☆ 4 out of 5

Language : English  
File size : 3441 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 18 pages  
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CTS is most common in people who perform repetitive hand movements, such as typing, working with tools, or playing musical instruments. It can also be caused by other factors, such as pregnancy, obesity, and diabetes.

### Symptoms of Carpal Tunnel Syndrome

The most common symptoms of CTS include:

- Numbness and tingling in the thumb, index, middle, and ring fingers
- Pain in the hand and wrist
- Weakness in the hand
- Difficulty gripping objects
- Swelling in the hand and wrist

The symptoms of CTS can range from mild to severe. In mild cases, you may only experience occasional numbness and tingling. In severe cases, you may have constant pain and weakness in your hand and wrist.

## **Causes of Carpal Tunnel Syndrome**

CTS is caused by compression of the median nerve in the carpal tunnel. This compression can be caused by a number of factors, including:

- Repetitive hand movements
- Pregnancy
- Obesity
- Diabetes
- Arthritis
- Fractures or dislocations of the wrist
- Tumors

CTS is more common in women than men. It is also more common in people who are older than 50 years old.

## **Treatment for Carpal Tunnel Syndrome**

The treatment for CTS depends on the severity of your symptoms. In mild cases, you may be able to relieve your symptoms with self-care measures, such as:

- Resting your hands
- Wearing a wrist splint

- Taking over-the-counter pain relievers
- Applying ice to your hand and wrist

In more severe cases, you may need to see a doctor for treatment. Your doctor may recommend:

- Corticosteroid injections
- Surgery

Surgery is usually only necessary in severe cases of CTS. Surgery involves cutting the ligament that forms the roof of the carpal tunnel. This relieves pressure on the median nerve and allows it to function properly.

## **Prevention of Carpal Tunnel Syndrome**

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

- Avoid repetitive hand movements
- Take frequent breaks when performing repetitive hand movements
- Stretch your hands and wrists regularly
- Maintain a healthy weight
- Control your blood sugar if you have diabetes

If you have any of the symptoms of CTS, see your doctor for evaluation. Early diagnosis and treatment can help to prevent permanent nerve damage.



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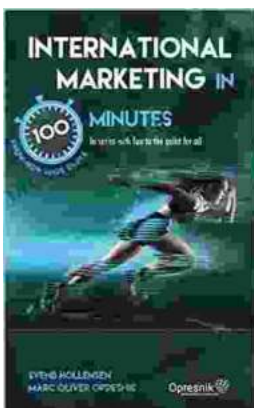
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