Title: Surgery Vs Splinting in Carpal Tunnel Syndrome

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Abstract:

Carpal tunnel syndrome is a condition caused by compression of the median nerve that can lead to numbness, tingling, and pain in the hand. Several options are available to treat this condition including wrist splinting and surgery. In this study, open carpal tunnel release surgery was found to be a more effective treatment than wrist splinting for those with CTS. However, surgery is not for everyone and you should talk to your doctor to find out which treatment is right for you.
Carpal Tunnel Syndrome

The carpal tunnel is a narrow passageway in your wrist that is formed by the small bones of your hand and an overlying band of tissue.

A nerve called the median nerve runs down your arm and through the carpal tunnel. This nerve receives signals of feeling from your hand and sends signals to control hand muscles.

http://www.scc-rehab.com/id54.html

Carpal tunnel syndrome is a condition that occurs when there is narrowing of the carpal tunnel for any reason that may put pressure on the median nerve. This pressure can cause pain, numbness, and tingling. One risk factor for this narrowing is genetics and simply having a smaller carpal tunnel than others. Another risk may be inflammation and swelling in the wrist due to trauma or overuse.

There are many different treatments available. If symptoms are minor, then your doctor may suggest using medications like aspirin and ibuprofen or using a wrist splint while you sleep. Your physician may also inject medication directly into the wrist for symptom relief. A surgery called Carpal Tunnel Release has been shown to be the most effective treatment for this syndrome. This surgery involves cutting the band of tissue that surrounds the carpal tunnel to relieve pressure on the median nerve. This surgery is relatively safe but as with all surgeries there are increased risks of adverse effects including infection and scars. It is also the most costly treatment. Talk to your doctor to find out which treatment is best for you.

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