



**HAND &
MICROSURGERY**

SUNWAY
MEDICAL CENTRE®
Sunway City Kuala Lumpur

CARPAL TUNNEL SYNDROME

WHAT IS CARPAL TUNNEL SYNDROME?

CARPAL TUNNEL SYNDROME is a medical condition due to compression of the [median nerve](#) as it travels through the wrist at the [carpal tunnel](#).

What are the symptoms of Carpal Tunnel Syndrome (CTS)?

- Numbness, tingling, and pain in your thumb, index, middle and half of ring finger.
- Pain and burning sensation that travels up your arm.
- Wrist pain.
- Neck pain.
- Night pain. Symptoms are more pronounced at night and may cause sleep disturbance.
- Weakness of the muscles of the hand.

What are the risk factors for CTS?

- Pregnancy
- Breastfeeding
- Age more than 50 years old
- Menopausal and premenopausal stage
- Repetitive motion of wrist
- Office worker
- Chronic disease e.g. gout, diabetes, chronic kidney disease and etc.



Does the treatment of CTS involve surgery?

- Not all patients with CTS needs surgery.
- In the early stage, treatment includes splinting and therapy with or without steroid injection.
- In severe and chronic CTS that is not responding to conservative treatment, surgery will be necessary.
- Surgery can be done under local anaesthesia and on a daycare basis.



What are the treatments for CTS?

- Splint and median nerve gliding exercise with activity modification.
- Steroid injection
- Surgery
 - Open Carpal Tunnel Release
 - Endoscopic Carpal Tunnel Release

How does steroid injection help in CTS?

- Steroid injection helps to temporarily relieve the symptoms by reducing inflammation.

Does steroid injection cause side effects?

- Long term steroid use may increase the risk of osteoporosis, weight gain, high blood pressure, cataract, glaucoma and certain type of cancers.
- However, these risks are unlikely with the use of single steroid injection in Carpal Tunnel Syndrome.
- Steroid injection for CTS is also safe during pregnancy and breastfeeding.

What are the effect of untreated CTS?

- If left untreated, carpal tunnel syndrome can lead to weakness and lack of coordination of your fingers and thumb as well as thenar muscle wasting.



**Thenar muscle
wasting**

What is Carpal Tunnel Release (CTR)?

- This procedure involves releasing the transverse carpal ligament that is impinging the median nerve.
- This can be achieved either by open or endoscopic carpal tunnel release.

When would I feel better after a CTR?

- Symptoms of night pain or pain during activities will usually improve within the 1st week after surgery.
- Sometimes finger tips numbness may persist for a longer period of time.

Can CTS reoccur after surgery?

- Usually carpal tunnel release is a cure. Some patients may have recurrence of symptoms many years later (10-20 years) due to nerve scarring.

What are the benefits of choosing ENDOSCOPIC Carpal Tunnel Release?

- Smaller incision on the wrist instead of bigger incision at the palm.
- Shorter healing time.



For more information, kindly contact us:

 **03-7491 1182**

**Our Hand & Microsurgery Centre is located at
2nd Floor, Tower B**

Operation Hours

Monday - Friday: 8.30am - 5.00pm

Saturday: 8.30am - 1.00pm

Closed On Sundays & Public Holidays

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