



If you have English Language difficulties, please ask staff to book an interpreter.

From home contact the **free** Telephone Interpreter Services on **03 9605 3056**.

Ask staff if this information is available in your preferred language.



Carpal Tunnel Syndrome

Surgical and Non-Surgical Management



Program/Dept: Occupational Therapy
Approval Date: 25/07/2024
Review Date: 25/07/2027

For Further Information:

HAND THERAPY

Occupational Therapy

Box Hill Hospital Maroondah Hospital

Ph: 03 9895 3463 Ph: 03 9871 3511

Therapist: _____

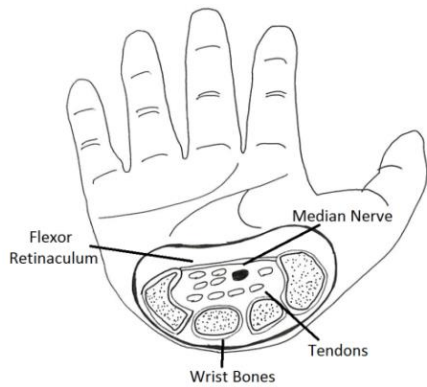
Eastern Health
5 Arnold Street, Box Hill, Victoria 3128
Tel: 1300 342 255
www.easternhealth.org.au
© Eastern Health 2022

If you have any feedback or suggestions on how to improve this information sheet, please contact us at :
brochure.request@easternhealth.org.au



What is carpal tunnel syndrome?

Carpal Tunnel Syndrome (CTS) is a common hand condition caused by compression of the nerve in your wrist – this is called your Median Nerve. CTS occurs when there is swelling of the structures in the Carpal Tunnel, which squash your nerve.



Your Median Nerve acts on your Thumb, Index and Middle fingers. It also acts on half of your ring finger and half of your palm.

The symptoms of CTS include numbness, tingling, pins and needles, pain and weakness. Sometimes these symptoms can wake you up at night.

How is Carpal Tunnel Syndrome Caused?

CTS can be caused by a number of reasons – such as repetitive use, pregnancy (due to swelling), recent trauma to your hand, age related or without any obvious reason.

How is Carpal Tunnel Syndrome Managed?

CTS can be managed without surgery in the early stages with splinting, although this does not work for everyone. Most of the time, surgery is the best way to improve symptoms.

Non- Surgical Management:

This involves wearing a wrist splint for 4-6 weeks. Your therapist will discuss when you require it.

Most people will wear it overnight and when doing activities which usually bring on their symptoms. Where possible, you should try to reduce movements which cause your symptoms.



Surgical Management:

This operation is called a 'Carpal Tunnel Release'. It involves the surgeon making a small incision in the palm of your hand, and 'releasing' the thick ligament which forms the 'roof' of the tunnel (flexor retinaculum).

Post- Surgery Instructions:

After surgery you will wear a bandage for 7-10 days. This is to allow the wound to heal. You should still be able to move your fingers.

Once the wound is healed, and your stitches have been removed (if required) you do not need to cover it any longer. You will need to complete gentle scar massage, to help soften the scar tissue. Your therapist will instruct you on how to do this.

If you have a particularly stiff hand, your therapist may recommend exercises for you to complete.

It is important for the first month after your operation that you use your hand for light activities only. This will allow the area to heal, and reduce the recurrence of symptoms or pain.

Things to avoid after surgery:

- Push/ pull against strong resistance
- Complete tasks with repetitive movements
- Position your wrist in extreme flexion or extension
- Carrying heavy bags or items
- Activities which require strong/ forceful grip (i.e. using hand tools)
- Mowing the lawn