

Discuss with a doctor which option is most suitable for your situation.

Questions?

If you have any questions after reading this brochure, please do not hesitate to contact the Neurophysiology department.

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English

Neurophysiology

Carpal Tunnel Syndrome



Carpal Tunnel Syndrome

What is CTS?

CTS is an abbreviation for Carpal Tunnel Syndrome. The tunnel through which nerves and tendons are guided from the forearm to the hand is called the carpal tunnel.

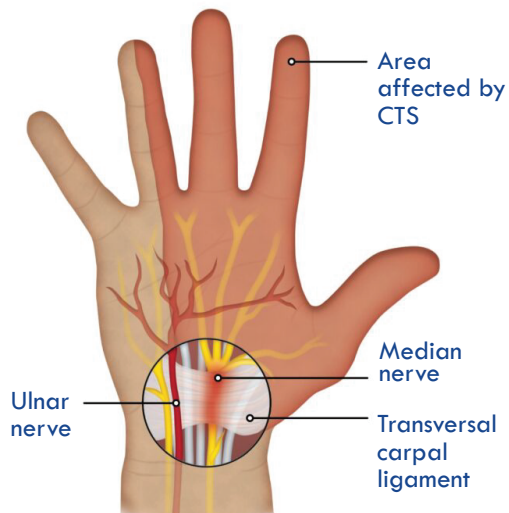
CTS is the compression of the median nerve in the carpal tunnel. This is the nerve that provides sensitivity and movement to certain parts of the hand.

What are the symptoms of CTS?

With CTS, various symptoms are possible in the hand, fingers and palm, including:

- Tingling
- Pain
- Numbness
- Reduced Strength

The symptoms can occur on one side or both sides. In addition, these symptoms often occur at night or early in the morning.



What tests are performed to search for CTS?

EMG (Electromyography)

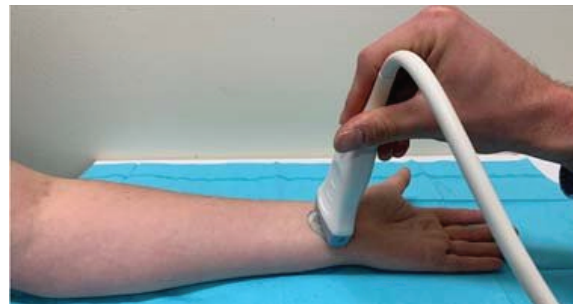
During an EMG test, a few electrodes are attached to the hand. To measure the nerves, electrical shocks are administered at various locations near the nerves.



Some people may experience these shocks as unpleasant or painful, however this test does not pose any risks.

Echografie (ultrasound)

An ultrasound image is used to visualize the nerves using sound waves. The doctor uses a device called a transducer with a bit of gel. The doctor can then see the nerve and other subcutaneous structures on the screen.



In carpal tunnel syndrome, the nerve at the carpal tunnel is enlarged. Just like EMG, ultrasound is a safe test without risks.

What are the treatment options?

Depending on the severity of the CTS, there are various treatment options available, including:

- waiting it off and resting
- splinting
- injection with medication or surgery

