

INTRODUCTION TO CARPAL TUNNEL

SYNDROME





CARPAL TUNNEL SYNDROME



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INTRODUCTION

Around the world many people suffer from a condition known as carpal tunnel syndrome or CTS. This condition involves the nerves which control the function of both the hand and the fingers. Resulting in tingling, numbness and pain, this is a very serious condition that can leave an individual in severe discomfort and can even affect life activities, including the ability to work.

Understanding carpal tunnel syndrome and the treatments that are available for this condition is absolutely essential in order for an individual to recover and be able to enjoy previous activities and hobbies as well as an improved quality of life.

Today, there are actually many treatments and options that are available for curing this condition, but it is essential for an individual who suffers from this painful condition to be well educated and informed about both the condition as well as the options that are available for treatment.

In this guide, you will not only learn about the condition itself, but you will also learn about what is involved in the treatment options that are available so that you will be prepared to make the most well informed decision possible regarding which treatment option is best for you and your situation as well as your lifestyle.

Are you ready to get rid of carpal tunnel syndrome?

Let's get started!





CHAPTER 1

Understanding Carpal Tunnel Syndrome

Before we can begin to examine the treatment options that are available for carpal tunnel syndrome, it is important to first examine the nature and background of this condition.

What Exactly is Carpal Tunnel Syndrome or CTS?

Carpal tunnel syndrome, often referred to as CTS, is a condition that involves the major nerves of the hand and fingers. These nerves control the function of the fingers and hands and together are referred to as the median nerve. When these nerves become compressed inside a tunnel within the wrist, the result is the symptoms that are most commonly associated with carpal tunnel syndrome. These symptoms can include:

- Tingling
- Numbness
- Pain
- A ‚funny‘ feeling in the hand, wrist or fingers

The carpal tunnel is a small passageway that is located inside the wrist. Several small bones inside the wrist form the sides as well as the bottom of this tunnel. The roof of the tunnel is formed by a ligament that is known as the transverse carpal ligament. This ligament arches over the small bones. The median nerve is located inside the tunnel and is responsible for conducting impulses sent by the brain all the way down to the fingers and the arm. The tendons for the finger flexor muscles are also located inside the tunnel. These tendons are responsible for making it possible for the fingers to bend. There are also veins and arteries inside the tunnel as well.

The majority of the feeling in the hand is supplied by the median nerve. This is especially true for the index and middle fingers as well as the thumb. The feeling for the outer side of the hand as well as the thumb part of the palm is supplied by the median nerve as well. The median nerve also controls movement of the tendons that work to bend the fingers, making it possible for you to grasp objects with your hand as well as pinch.

CTS Symptoms

The symptoms of CTS tend to appear gradually. These symptoms may include the following:

- Tingling, numbness or a burning sensation in the fingers and thumb. The index and middle fingers may be especially affected.
- Pain in the wrists and hands

