

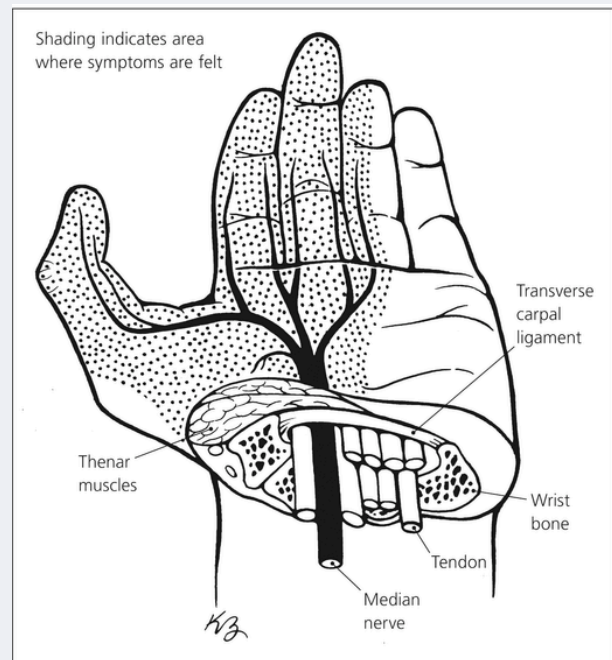


Carpal Tunnel Syndrome



What is carpal tunnel syndrome?

Carpal tunnel syndrome is a compression of a nerve called the median nerve. The carpal tunnel is a passageway at the wrist, which the median nerve travels through. The median nerve is responsible for supplying sensation to the palm side of the thumb, index, middle and some of the ring finger. It also provides power to the small muscles of the thumb, index finger and middle finger.



What causes carpal tunnel syndrome?

Carpal tunnel syndrome happens when the median nerve is compressed inside the carpal tunnel, and this interferes with the transmission of signals by the nerve. Compression can occur due to increased swelling in the area, injuries to the wrist or hand and some conditions such as diabetes and rheumatoid arthritis.



What are the symptoms of carpal tunnel syndrome?

Carpal tunnel syndrome symptoms can be a combination of tingling and numbness to the fingers and thumb, pain and clumsiness and reduced grip and pinch power. The muscles to the thumb may also appear smaller.

How can I reduce the symptoms of carpal tunnel syndrome?

The aim is to decrease the pressure on the median nerve. This can be achieved by:

- Keeping your wrist straight for rest and work. A wrist splint can help keep the wrist straight and can be worn at night
- Avoiding strong, sustained and repetitive gripping
- Maintaining a good posture, as the nerve starts at the neck
- Taking regular breaks from tasks
- Exercising your hand and wrist can help move the nerve within the tunnel



Information produced by the Hand Therapy Unit,
St Vincent's Hospital Melbourne.
Date reviewed: Feb 2025 Next review date: Feb 2029



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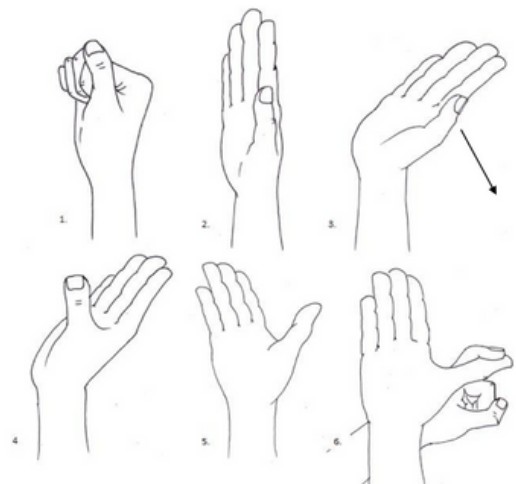
What should I do if my carpal tunnel symptoms do not improve?

If your carpal tunnel symptoms do not improve, please discuss with your GP or healthcare provider.

Contact details

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