



WHICH TINGLING FINGER IS CARPAL TUNNEL?

Got a patient with numb/tingling fingers? Could it be Carpal Tunnel?

Carpal Tunnel Syndrome (CTS) is a distal compression of the median nerve at the level of the wrist. This results in tingling or numbness **on the palm side of the thumb, index, middle and half of the ring fingers**. Repetitive use resulting in tendon inflammation, chronic direct compression (e.g. butchers using knife), and fluid increase during pregnancy can be causative.

Other symptoms can include weakness of grip, night waking, pain, and changes to the thenar muscles innervated by the median nerve.

Nerve Conduction Studies are the most common diagnostic tool for CTS. Ultrasound imaging can sometimes be helpful to examine the width/swelling of the median nerve.

Splinting, compression, nerve glides and education are effective hand therapy tools available for managing this condition. Specialist referral for surgical opinion can be considered if conservative treatment is not successful.

