

**Cycle 1 – Hand and Wrist**  
**2102 - Carpal Tunnel**  
**SCRIPT**

**(1)**

**NEIL HARNESS, MD:**

If you're having hand pain that involves the thumb, index, middle, and ring fingers and it's also associated with tingling and numbness that wakes you up in the middle of the night, it might be carpal tunnel syndrome. Carpal tunnel syndrome is basically a pinched nerve in the wrist that causes symptoms of tingling and pain.

**(2)**

**SARAH LEWIS, MD:**

So in the wrist there's this thick connective tissue, this thick cover on top of the carpal bones. Between that thick cover and the bones is the nerve, that's why we call it a tunnel, so it kind of creates a tunnel for the nerve and tendons that are in that tunnel.

**(3)**

**BRETT PETERSON, MD:**

If those tendons swell for whatever reason, they can put extra pressure on the nerve. And then the nerve, by having pressure on it will kind of cause the tingling and sometimes pain, burning in those fingers.

**(4)**

**BRETT PETERSON, MD:**

A very simple test for carpal tunnel is if you press right about here, right at the base of the hand which is where the median nerve that goes that causes carpal tunnel enters into the wrist, someone with carpal tunnel, their tingling will start either immediately, or certainly within 20 or 30 second and that's called the median nerve compression test.

**(5)**

**NEIL HARNESS, MD:**

Carpal tunnel syndrome can be treated a number of different ways. In some patients, it can be treated with anti-inflammatory medications and rest. In some patients, they require nighttime splinting with a specialized carpal tunnel brace. Eventually, some patients might require a steroid injection or even a surgical release of the carpal tunnel.

**(6)**

**BRETT PETERSON, MD:**

It's actually a very quick, simple surgery and the surgeon is cutting a ligament that takes the pressure off the nerve.

**(7)**

**SARAH LEWIS, MD:**

People get better and they can sleep through the night and they're happy. My patients are really happy afterwards.

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