

Treatment for Carpal Tunnel Syndrome

The best approach for dealing with Carpal Tunnel Syndrome is to visit your doctor. Though surgery is the best known form of treatment, a number of options exist, based on your level of CTS and on personal preference.

Should I take medication?

You feel pain as a result of the body's production of prostaglandin to trigger pain transmission through the central nervous system. Over-the-counter drugs like aspirin not only block the production of prostaglandin, but reduce swelling. However, prolonged use of aspirin combined with neglecting to receive medical attention, may cause more damage to your body.

Some doctors prescribe NSAIDs (non-steroidal anti-inflammatory drugs) for treatment of Carpal Tunnel Syndrome, but their use, effectiveness, and cost vary from case to case.

Injections of the steroid Cortisone provide a similar, temporary relief of the symptoms, as do other medications, yet only 1 of 5 patients treated with medication remains ache free in a year's time.

Will I have to undergo surgery?

There are currently two forms of surgery performed for the extreme cases of Carpal Tunnel Syndrome where non-invasive treatments have failed.

1. Through an incision in the wrist, typically two inches long, Open Carpal Tunnel Release severs the transverse ligament to relieve pressure on the median nerve.
2. Recently, by using an arthroscope (surgical camera) and cutting tool through a tube into the carpal tunnel, Endoscopic Carpal Tunnel Release removes the tissue pressuring the median nerve by slicing it off. This new "closed" procedure leaves a scar roughly a half-inch wide. Results and percentage rates of success from such surgical procedures vary widely.

Other possible treatments for CTS (consult your doctor for appropriate and safe information related to these)

- **stretches**
- **acupuncture, massage and physical therapy.**