Musculoskeletal Disorders

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**Carpal Tunnel Syndrome**

Carpal Tunnel Syndrome is the condition which causes tingling, numbness, and many other symptoms in the arm and hand. It is triggered by a trodden nerve in the carpel tunnel (Atroshi, et.al, 2009). Number of things such as wrist anatomy, repetitive motions of hand and other health problems can add to the Carpal Tunnel Syndrome.

**Signs and Symptoms**

There are numerous signs and symptoms that appear in the run up to the Carpal Tunnel Syndrome. The foremost symptoms include the numbness in the fingers and thumbs that might come and go from time to time. Carpal tunnel syndrome also causes severe pain the wrist and palms of one’s hand. Sometimes an individual might experience severe electric shocks in the fingers. However, the little finger does not feel any sensation during the Carpal Tunnel Syndrome. If not treated timely, the symptoms from the fingers travel up to the wrist and further to the arm. Ultimately, the hands become weaker and an individual might start dropping things from their hands (Mayo Clinic, 2019). This could seriously impede an individual’s ability to perform daily tasks effectively.

**Treatment Modalities for Carpal Tunnel Syndrome**

Treatment of Carpal Tunnel Syndrome should be done as early as its symptoms gets start. Taking several breaks every time for the purpose of resting hands as well as avoiding acts which worsen symptoms and smearing cold packs for swell reduction are the ways that can help.

Beyond above, other treatment options are medication and surgery. Non-surgical treatment methods can be helpful if the disorder has been diagnosed in the every early stage. In the non-surgical therapy, wrist splinting, non-steroidal anti-inflammatory drugs, and corticosteroids are best methods or option for the treatment of Carpal Tunnel Syndrome. In wrist splinting, holding wrist during sleep at night time can assist to relieve the night time symptoms. This option is good for those who are pregnant (Phalen, 1992). While NSAIDs is helpful for relieving pain for short time and corticosteroids helps through reducing swelling and inflammation.

Surgery is the last option for treatment when symptom do not respond to any of the other treatment(s). The surgery relieve the pressure through ligament pressing on medium nerve (Phalen, 1992). Surgery is done with the following techniques.

1. Open Surgery
2. Endoscopic Surgery

**References**

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