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Dr. Mir is Board Certified in Neurology, Clinical Neuro-Physiology (EEG & EMG). He completed his internship in Internal Medicine at the New York Medical Center/ Westchester County Medical Center.

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Dr. Mir is a member of the American Academy of Neurology, the American Academy of Neuromuscular and Electrodiagnostic Medicine, and Med Chi. (Maryland Medical Society)

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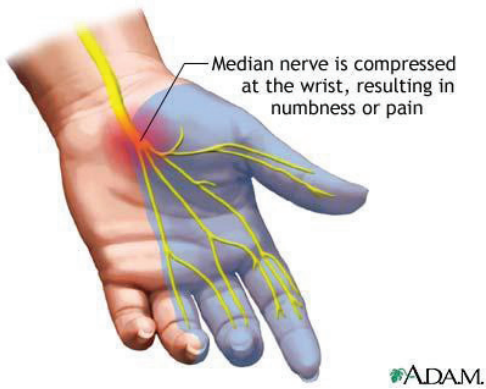
Carpal Tunnel Syndrome

Diagnosis and Treatment



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What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome (CTS) is a condition caused by a compressed or pinched nerve in the wrist. Symptoms may include numbness, tingling and pain in the arm, hand, and fingers.

There is a space in the wrist called the carpal tunnel, where the median nerve and nine tendons pass from the forearm into the hand. Carpal Tunnel Syndrome happens when pressure builds up from swelling in the tunnel and puts pressure on the nerve.

What causes Carpal Tunnel Syndrome?

Usually the cause is unknown. Pressure on the nerve can have several causes, including:

- repetitive motion at work
- swelling during pregnancy
- joint dislocations
- fractures
- osteoarthritis
- rheumatoid arthritis
- tenosynovitis
- thyroid conditions
- diabetes

What are some specific symptoms?

CTS symptoms usually are pain, numbness, tingling, or a combination of the three. The numbness and/or tingling most often affects the thumb, index, middle and ring fingers. As a result, some people with CTS may also experience a weakened grip with occasional clumsiness. You may even notice a shrinking of the muscle at the base of the thumb.

How do I know for sure if I have Carpal Tunnel Syndrome?

Examination and Images

A detailed history including medical conditions, how the hands have been used, and whether there were any prior injuries is important. An X-ray may be taken to check for other causes of the symptoms, such as arthritis or a fracture.



In some cases, laboratory tests may be done if there is a medical condition that may be associated with carpal tunnel syndrome.

Electrodiagnostics

Confirming whether a patient has CTS usually requires performing specific tests of nerve function. Nerve conduction studies (NCS) and electromyography (EMG) testing are procedures which evaluate how well the nerves of the wrist carry electrical signals.



This information can help determine the extent of nerve damage (if any) and how best to treat the condition.

Non-Surgical Treatment

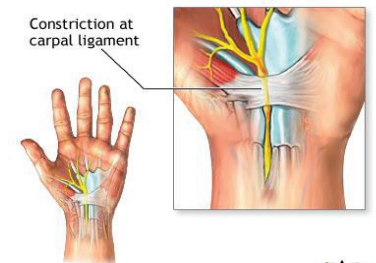
Symptoms can often be relieved without surgery. Here are some common treatments to relieve the symptoms of carpal tunnel syndrome:

- changing hand use patterns
- keeping the wrist splinted
- anti-inflammatory medication (taken by mouth or injected)
- physical therapy
- treatment of associated medical conditions

Surgery

When symptoms are severe or do not improve, surgery may be needed to make more room for the nerve in the wrist.

Pressure on the nerve is decreased by cutting the ligament that forms the "roof" of the carpal tunnel on the palm side of the hand. The numbness and



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tingling may disappear quickly or slowly. CTS symptoms may not go away completely after surgery, especially in severe cases.