

Carpal Tunnel Syndrome

How to manage your symptoms

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Notes page:

What is important to me:

Overview

- Welcome
- Your expectations for today
- Information
- Solutions

Purpose of the Class

Carpal Tunnel Questionnaire

The following Questions refer to your symptoms within a typical period of 24 hours, during the last two weeks.(Choose one answer in each question)

How severe is the hand or wrist pain that you have at night? 1. I do not have hand or wrist pain at night 2. Mild pain 3. Moderate pain 4. Severe pain 5. Very severe pain	Do you have weakness in your hand or wrist? 1. No weakness 2. Mild weakness 3. Moderate weakness 4. Severe weakness 5. Very severe weakness
How often did hand or wrist pain wake you up during a typical night in the past two weeks? 1. Never 2. Once 3. Two or three times 4. Four or five times 5. More than five times	Do you have tingling sensation in your hand? 1. No tingling 2. Mild tingling 3. Moderate tingling 4. Severe tingling 5. Very severe tingling
Do you typically have pain in your hand or wrist during the daytime? 1. I never have pain during the day 2. I have mild pain during the day 3. I have moderate pain during the day 4. I have severe pain during the day 5. I have very severe pain during the day	How severe is the numbness (loss of sensation) or tingling at night? 1. I have no numbness or tingling at night 2. Mild 3. Moderate 4. Severe 5. Very severe
How often do you have hand or wrist pain during the daytime? 1. Never 2. Once or twice a day 3. Three to five times a day 4. More than five times a day 5. The pain is constant	How often did hand numbness or tingling wake you up during a typical night during the past two weeks? 1. Never 2. Once 3. Two or three times 4. Four or five times 5. More than five times
How long on average does an episode of pain last during the daytime? 1. I never get pain during the day 2. Less than 10 minutes 3. 10 to 60 minutes 4. Greater than 60 minutes 5. The pain is constant throughout the day	Do you have difficulty with the grasping and use of small objects such as keys or pencils? 1. No difficulty 2. Mild difficulty 3. Moderate difficulty 4. Severe difficulty 5. Very severe difficulty
Do you have numbness (loss of sensation) in your hand? 1. No 2. I have mild numbness 3. I have moderate numbness 4. I have severe numbness 5. I have very severe numbness	

Functional Status Scale

On a typical day during the past two weeks have any of the symptoms caused you to have any difficulty doing the activities listed below? Please circle one number that best describes your ability to do the activity

Activity	No difficulty	Mild difficulty	Moderate difficulty	Severe difficulty	Cannot do at all due to the level of your symptoms
Walking	1	2	3	4	5
Buttoning of clothes	1	2	3	4	5
Holding a cup while drinking	1	2	3	4	5
Gripping of a telephone handle	1	2	3	4	5
Opening jars	1	2	3	4	5
Household chores	1	2	3	4	5
Carrying of grocery	1	2	3	4	5
Coating and dressing	1	2	3	4	5

Check Up

Your Symptoms

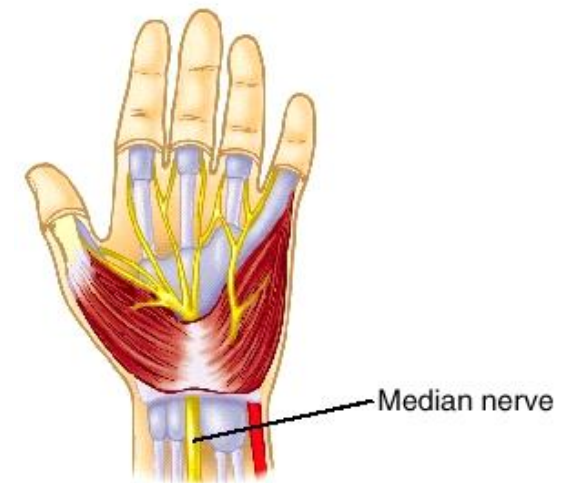
Check Up:

Your challenges:

What have you found as helpful:

What is causing these symptoms?

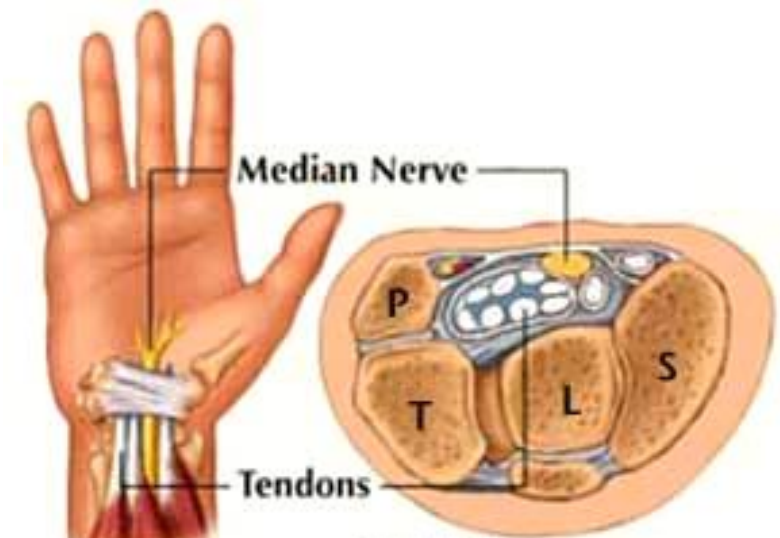
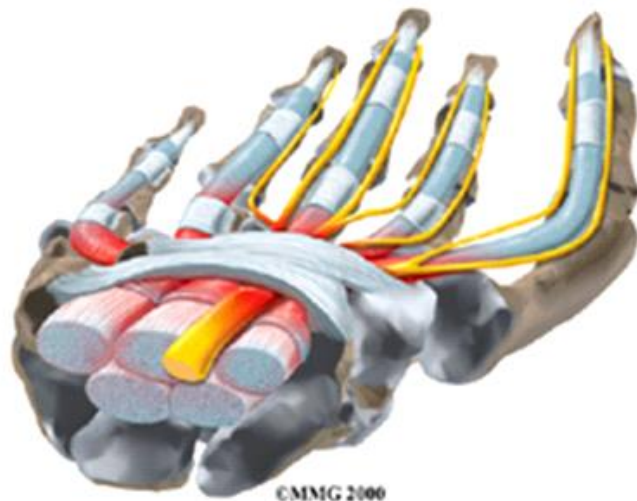
Your symptoms are being caused by a condition called Carpal Tunnel Syndrome. This is a very common condition where one of the nerves in your wrist becomes irritated or gets compressed at the wrist.



What is Carpal Tunnel Syndrome

- The carpal tunnel is the space between the bones and the ligament (belt) which goes across the front of the wrist.

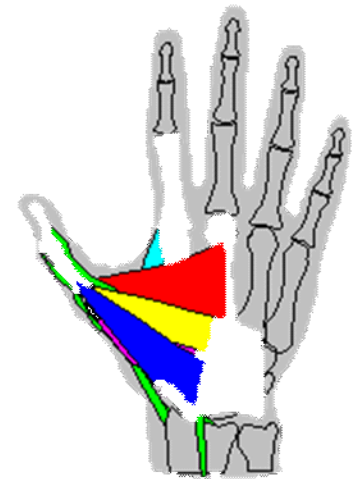
The tendons to your fingers lie in the same tunnel next to one of the nerves into your hand called the Median Nerve.



Carpal bones
(P) Pisiform (L) Lunate
(T) Triquetrum (S) Scaphoid

What is a Nerve?

- A nerve provides sensation to an area. It also controls the muscle to produce movement.
- The Median Nerve provides sensation to the thumb, index, middle and half of the ring finger
- The Median Nerve supplies the small muscles of the thumb as well the small muscles between the thumb and index, and the index and middle fingers



Diagnosing the Condition

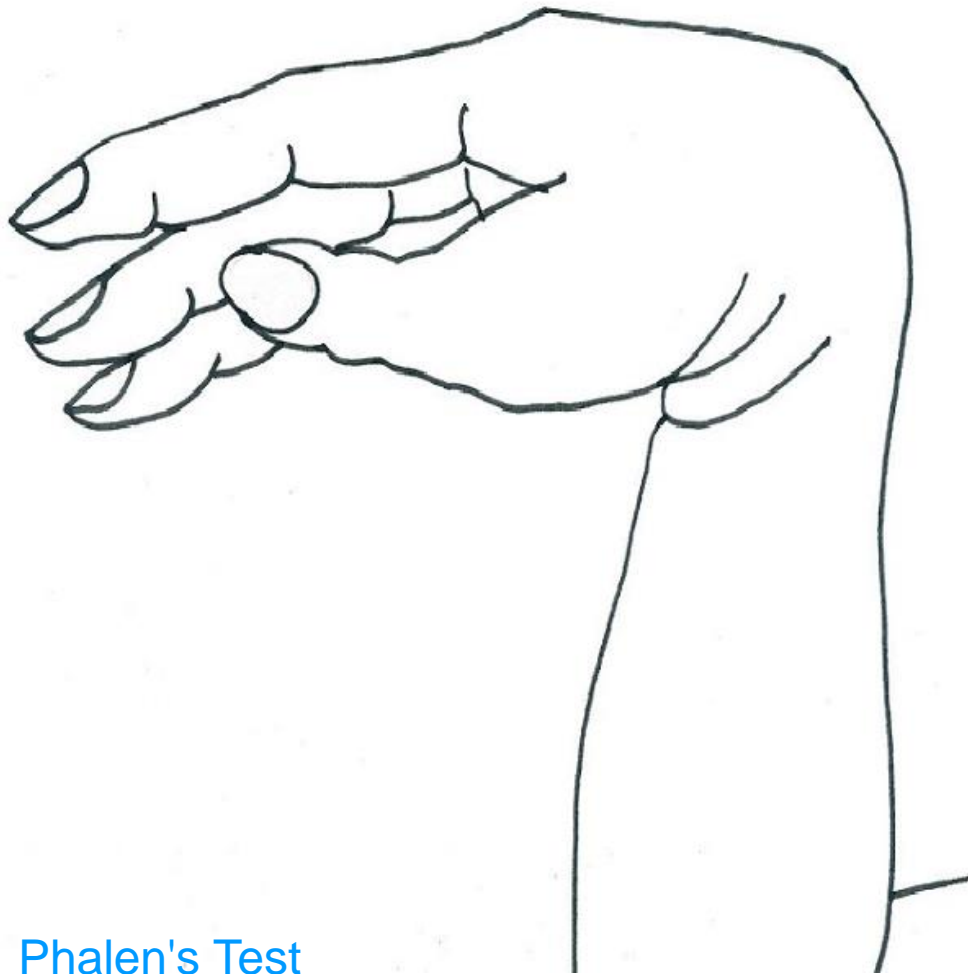


Diagnosing The Condition

Quick Check:

- Neck movement
- Shoulder movement
- Elbow / Forearm movement
- Wrist movement
- Hand / Fingers movement

Diagnosing the Condition



Phalen's Test



Hand Elevation Test

Diagnosing The Condition

Sometimes these symptoms can come from your neck and just appear to be carpal tunnel syndrome. We will ask you specific questions to rule this out.

Diagnosing The Condition

Answer the following questions:

- Do you feel that your neck is stiff?
- How painful is your neck during movement?
- By rotating your head to the right and then to the left, does this aggravate the symptoms in your hands?

How to manage/ help improve symptoms

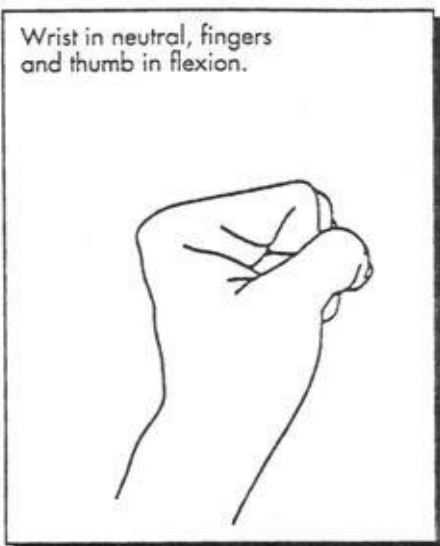
- The position of your wrist is an important aspect in controlling the symptoms of Carpal Tunnel Syndrome. Positioning the wrist in a straight support will help with the symptoms, especially at night.
- Changing the way you do activities can also reduce your symptoms
- Nerve glides can also help.

Adapting your activities

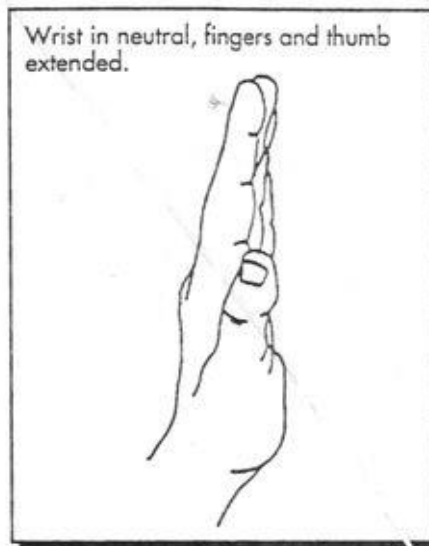
- Try to avoid repetitive movements of the wrist or fingers for long periods of time.
- Take regular breaks with any activity that requires you to keep going.
- Try and do your activities in short bursts rather than for long periods.
- Use your hand for day to day activities, but avoid any specific activities that make your symptoms worse.

Median Nerve Glides

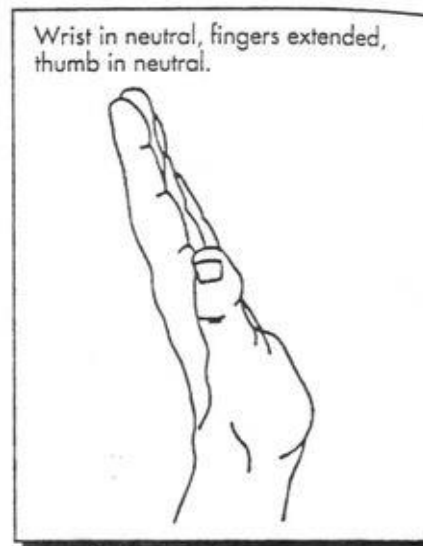
Starting position 1



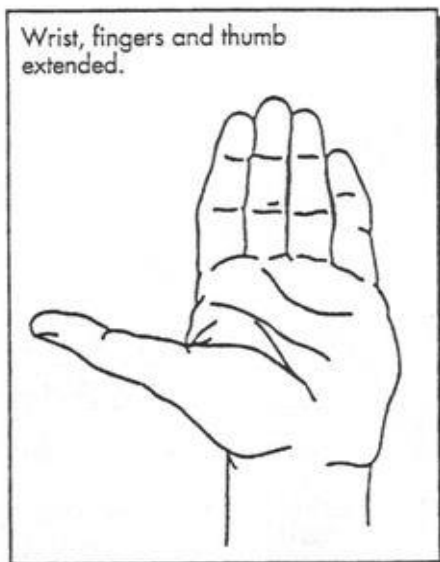
Position 2



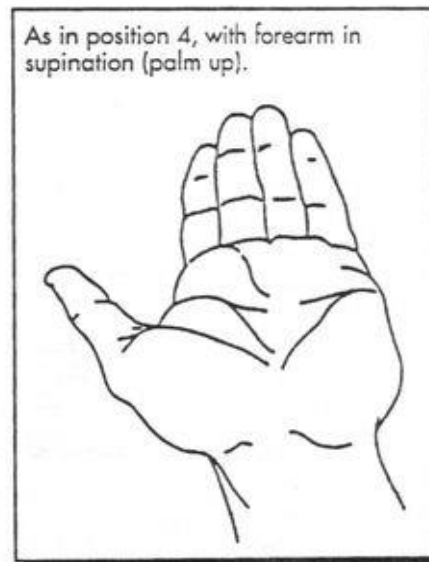
Position 3



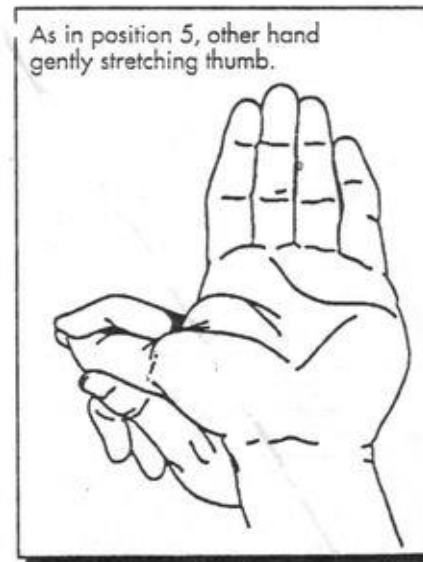
Position 4



Position 5



Position 6



Recommendations

- Wear support for night time only for the following 2-3 months
- Carry out nerve glides twice a day, 10 repetitions each time
- Adapt any activity which makes your symptoms worse.

What to do next?

- If your symptoms persist or get worse please contact us on 0300 303 8063 to organise an appointment with a clinician. You do not need to go back to GP

Questions?