

CARPEL TUNNEL SYNDROME



Carpel Tunnel Syndrome

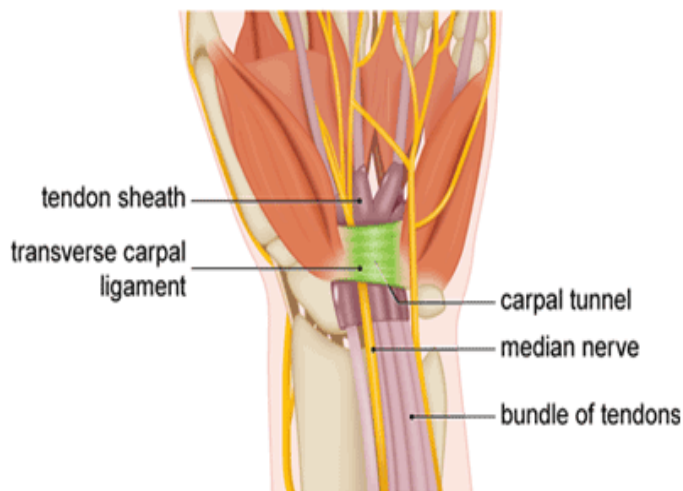
Carpel tunnel syndrome is a common condition that causes tingling, numbness and occasionally pain in the hands and fingers.

What is the carpel tunnel?

The carpel tunnel is a narrow passageway in the wrist formed by small bones and a strong band of tissues. Passing through the carpel tunnel are tendons, blood vessels, and nerves which control sensation and movement in the hand. If the median nerve in the hand is compressed, it can cause carpel tunnel symptoms.

Why do I get it during pregnancy?

During pregnancy, the hands often become swollen due to a build-up of fluid in the tissues. This fluid can collect in the carpel tunnel, putting pressure on the median nerve, causing tingling and numbness in the hands. Over 60% of women may experience symptoms of carpel tunnel syndrome. The intensity of the symptoms can vary, and some women experience carpel tunnel syndrome in one hand or both hands.



The carpal tunnel and median nerve

Symptoms

- Usually worse at night and first thing in the morning
- Numbness in the hand or fingers
- Tingling in the hand or fingers
- Pain or throbbing in the hand, fingers and wrist
- Swollen or hot fingers and thumbs
- Difficulty grabbing objects

Physiotherapy

1. Rest – Try reducing none essential activities, and where possible rest your hands on a pillow when you can. Avoid repetitive activities that predominantly use the wrist.
2. Ice – Apply a small ice pack or bag of frozen peas to your wrist for 10 minutes. This must be done regularly throughout the day to be effective, aim for 3-4 times daily. Alternating hot and cold may also help.
3. Elevation – When resting, prop your wrist and hand on pillows to encourage draining of the swelling.

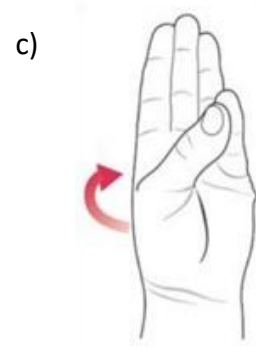
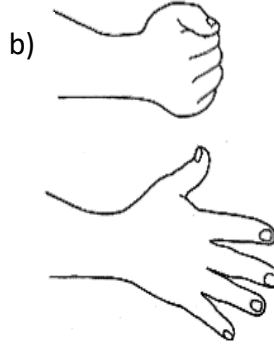
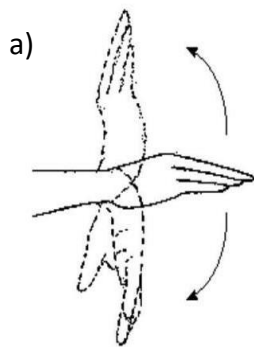
Splints – Wrist splints can be worn at night to reduce further compression while you sleep. Speak to your physiotherapist about this



Physiotherapy exercise:

It is important to balance rest with exercises to reduce stiffness in your wrists.

- a. Keep the fingers straight and bend the wrist forwards and backwards x 10
- b. Make and fist then straighten your fingers x10
- c. Touch each finger one at a time with your thumb x10



Outcome:

Symptoms of carpal tunnel syndrome tend to go away within the first few weeks following birth.

Questions:

Any questions or concerns contact the number below or email the following:

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