

CARPAL TUNNEL SYNDROME

Symptoms

- Numbness and tingling in the thumb, index, middle finger, often worse at night.
- Hand weakness and clumsiness
- Wasting and flattening of the muscles overlying the thumb

Anatomy/Cause

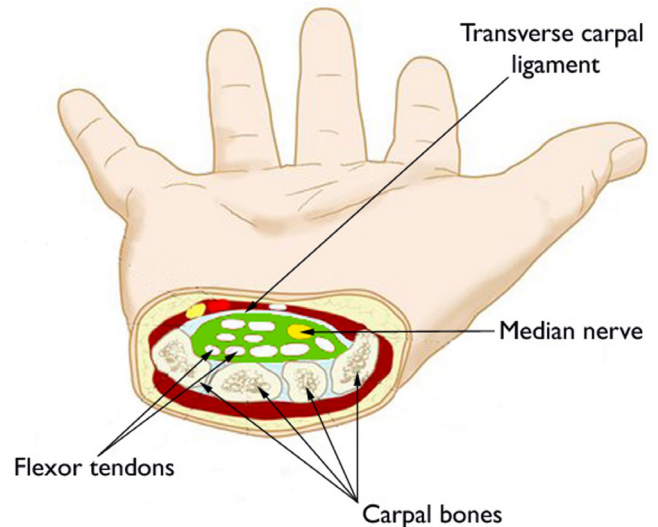
The carpal tunnel is a narrow passageway in the wrist, it is formed by small bones and a ligament. Within this tunnel lies the median nerve and tendons responsible for finger and thumb movement. Carpal Tunnel Syndrome arises when the median nerve becomes compressed within this space. Compression of the median nerve can result in decreased or altered sensation in the thumb, index, middle, and part of the ring finger, potentially leading to weakness and loss of dexterity.

Treatment

At Hand Works, we specialise in assessing and treating Carpal Tunnel Syndrome, tailoring a personalised approach to your specific needs. Your therapist may:

- Prescribe a wrist splint to maintain proper wrist alignment and support.
- Guide you through targeted exercises to promote smooth movement of the nerve and tendons within the carpal tunnel.
- Providing guidance on modifying activities to minimize excessive wrist bending, reducing symptoms and further compression.

For some individuals, surgery may be necessary to alleviate nerve compression. Your therapist in partnership with your GP will be able to support and guide you should surgery be indicated.



Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit