

## Surgical Treatment

The doctor may recommend surgery if there is little improvement from non-surgical treatment.

### After surgery, please remember to:

- Keep your wound clean and dry by changing your wound dressing as recommended
- Manage your scar as recommended by your doctor or nurse after your stitches are removed
- Manage your pain and swelling as recommended by your doctor or occupational therapist
- Perform hand exercises as recommended by your occupational therapist
- Continue to modify the way you perform your daily activities to minimise the chance of recurrence
- Put on your prescribed splint/brace as recommended

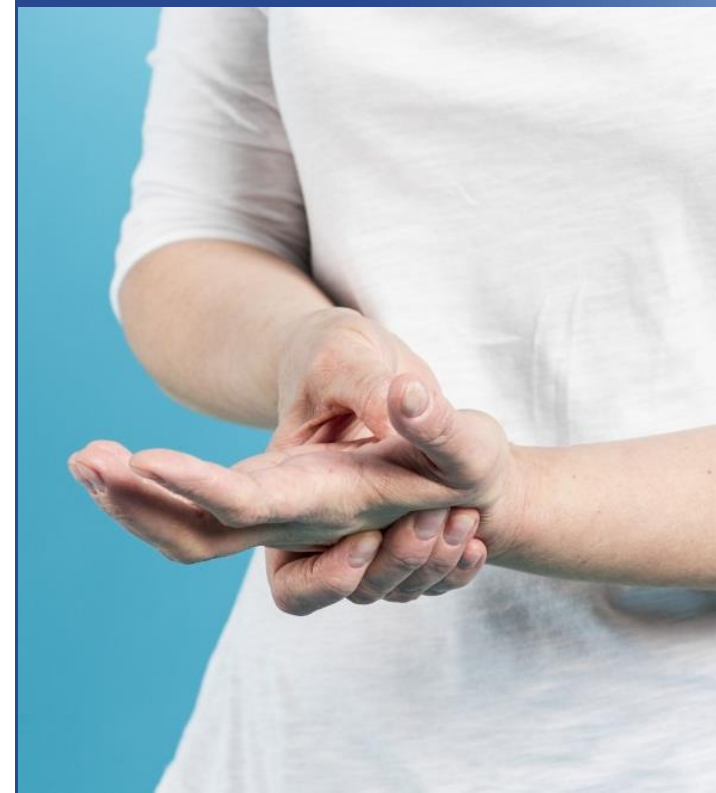
Clinic BI  
(Occupational Therapy & Speech Therapy Clinic)  
TTSH Medical Centre, Level BI  
Contact:  
6357 7000 (Central Hotline)



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Department of  
**OCCUPATIONAL THERAPY**

## A Hand Therapy Guide: Carpal Tunnel Syndrome



# Understanding Carpal Tunnel Syndrome (CTS)

Carpal Tunnel Syndrome (CTS) is a common problem that affects the hand. It is usually caused by an increased pressure in the carpal tunnel, resulting in compression of the median nerve [Figure 1]. Symptoms of the condition may include numbness and pain [Figure 2].

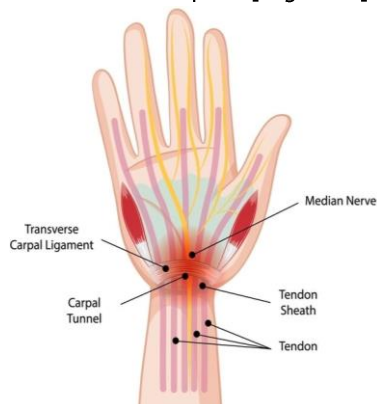


Figure 1.

Typical site of compression over the median nerve

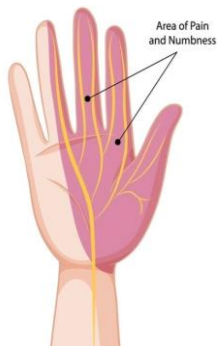





Figure 2.

Area of the hand where numbness or tingling may be felt

# Actions That May Cause This Condition

Actions/Activities that may cause this condition		
		
Prolonged and/or repetitive wrist bending	Tight gripping	Use of vibrational tools
Repetitive wrist movement such as: <ul style="list-style-type: none"> <li>• During self-care: washing of back, holding of walking aids</li> <li>• During housework: wringing of towel, mopping floor, grocery shopping</li> <li>• During work: using of mouse, keyboard</li> </ul>		

# Signs & Symptoms

- Pain, numbness, tingling in the thumb, index, middle and ring fingers [Figure 2].
- Symptoms are more commonly felt at night but may also be noticeable during daily activities
- May face difficulty in picking up small objects due to reduced sensitivity
- May face difficulty in carrying loads due to weakness in grip

**Your active participation is key for therapy to be effective!**

# Hand Occupational Therapy

- **REST** and minimise movement or activities that increase numbness or pain
- **Modify the way you do your daily activities, for example:**

Squeeze cloth between two hands and drip dry



Carry load over elbow or shoulder



- Wear a prescribed splint/brace as recommended



- Perform your exercises as recommended by your occupational therapist
- Learn self-management strategies to minimise the chance of recurrence