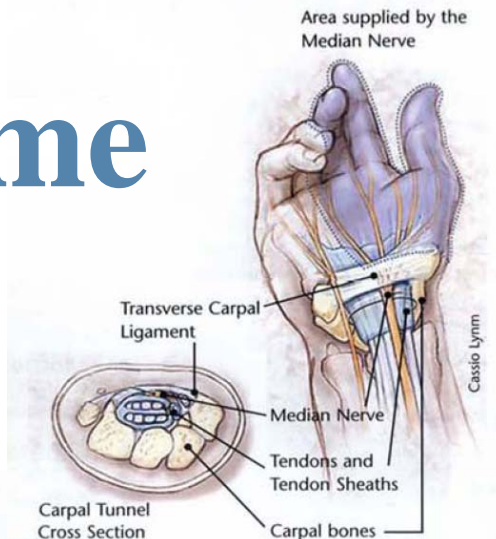


RELIEF FROM carpal tunnel syndrome

WHAT IS CARPAL TUNNEL SYNDROME?

Carpal tunnel syndrome is a condition in which the median nerve is compressed as it passes through the carpal tunnel in the Wrist—a narrow, confined space.



“I had a friend who underwent carpal tunnel surgery and was out of work for six weeks. This was not an option for me. With this endoscopic approach, I was back to work in two days.”

- Rose, carpal tunnel syndrome patient

THE HAND CENTER



Jerry A. Rubin, MD,
Medical Director of
the Hand Center
at Florida Hospital
Celebration Health
and Rehab and
Sports Medicine

WHAT CAUSES CARPAL TUNNEL SYNDROME?

Most cases of carpal tunnel syndrome have no specific cause, although any of the following may serve as a contributing factor:

- Frequent, repetitive, small movements with the hands
- Joint or bone disease
- Hormonal or metabolic changes
- Changes in blood-sugar levels
- Other conditions of the wrist

WHAT ARE THE SYMPTOMS OF CARPAL TUNNEL SYNDROME?

Symptoms may include:

- Difficulty making a fist
- Difficulty gripping objects with the hand(s)
- Pain or numbness in the hand(s)
- "Pins and needles" feeling in the fingers
- Swollen feeling in the fingers
- Burning or tingling in the fingers

The symptoms of carpal tunnel syndrome may resemble other medical conditions or problems. Always consult your physician for a diagnosis.

TREATMENT OF CARPAL TUNNEL SYNDROME

Specific treatment for carpal tunnel syndrome will be determined by your physician based on:

- Your age, overall health, and medical history
- Extent of the disease
- Your tolerance and preferences for specific medications, procedures, or therapies
- Expectations for the course of the disease

TREATMENT MAY INCLUDE:

- Splinting of the hand
- Anti-inflammatory medications
- Surgery
- Ergonomic changes in your work or home environment



DIAGNOSIS

Minimally invasive surgery is the hands-down winner for easier recovery from carpal tunnel syndrome—just ask Rose, a 42-year-old mother and grandmother. A bookkeeper who writes and types all day, Rose was referred to Florida Hospital Celebration Health hand surgeon, Jerry A. Rubin, MD, for treatment of carpal tunnel syndrome.

TREATMENT

The new, minimally invasive endoscopic surgical procedure features a smaller incision and a shorter recovery time. A significant advancement from the early days of 3-inch incisions into sensitive palm and wrist tissue, the endoscopic procedure is performed through a discreet, 1/4-inch incision in the wrist without cutting through the palm. According to Dr. Rubin, "This surgery has literally changed patients' lives so they no longer experience debilitating pain and numbness in their hand."

BEFORE SURGERY The patient:

- Had pain and numbness in the right arm from elbow to thumb.
- Would experience so much pain at work that it brought her to tears each day.
- Was not able to do the things she loved, such as cooking, baking, and holding her granddaughter.

AFTER SURGERY The patient was able to return to work two days after the surgery and no longer fears dropping her granddaughter. She was surprised that the pain was so minimal during and after surgery.