

Mayo Clinic Medical Edge

Treating Carpal Tunnel

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
[MEN'-DEZ]	CHRISTIAN MENDEZ DEPENDS ON HIS HANDS TO MAKE A LIVING.
Christian Mendez, patient	"EVERYTHING I DO I DO WITH MY HANDS. WITHOUT MY HANDS I COULDN'T DO MY JOB...PERIOD."
	SO WHEN CHRISTIAN DEVELOPED SYMPTOMS OF CARPAL TUNNEL SYNDROME, HE GOT WORRIED.
Peter Murray, M.D.	"IT CAUSES SENSORY CONDUCTION CHANGES IN THE NERVES SO PEOPLE PERCEIVE THAT THEIR HAND IS NUMB. SOMETIMES THEY PERCEIVE IT AS PAIN."
	MAYO CLINIC DR. PETER MURRAY

	<p>SAYS IT MAY ALSO CAUSE WEAKNESS. CARPAL TUNNEL SYNDROME HAPPENS WHEN THE MAIN NERVE THAT GOES TO THE HAND GETS IRRITATED BY A TIGHT BAND OF TISSUE CALLED THE TRANSVERSE CARPAL LIGAMENT.</p>
	<p>TREATMENT WILL LIKELY DEPEND ON HOW SEVERE YOUR SYMPTOMS ARE. IF YOU'VE HAD THE CONDITION FOR LESS THAN 12 MONTHS, SPLINTING, INJECTIONS AND TIME MAY HELP RESOLVE THE PROBLEM. IF SYMPTOMS HAVE LASTED LONGER THAN 12 MONTHS SURGERY MAY BE NECESSARY.</p>
	<p>CHRISTIAN SAYS SURGERY HAS ALLOWED HIM TO RETURN TO WORK IN FULL FORCE. FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

