

# Carpal Tunnel Syndrome

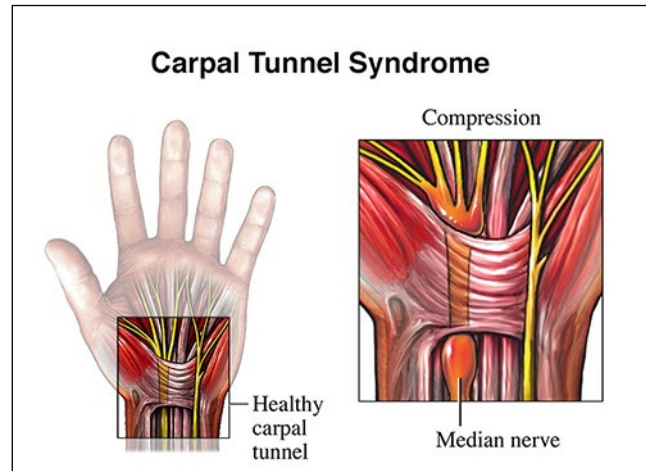
## What is it?

A condition caused by pressure on the median nerve in the wrist

## Risk Factors

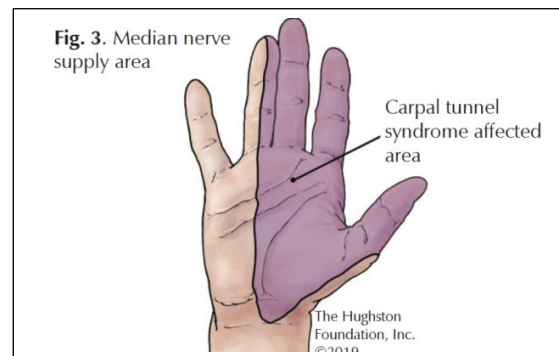
- Age
- Repetitive stress or overuse
- Environmental Factors
- Medical conditions
- Hormonal changes

**DID YOU KNOW:**  
Women are 3x more likely to develop carpal tunnel syndrome than men



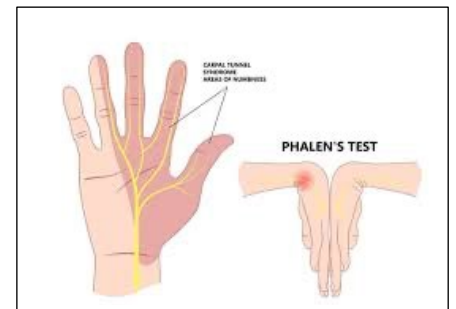
## Signs and Symptoms

- Numbness and tingling in fingers
- Extended pain
- Weakness in hand
- Worsen at night or after prolonged use
- Decreased sensation



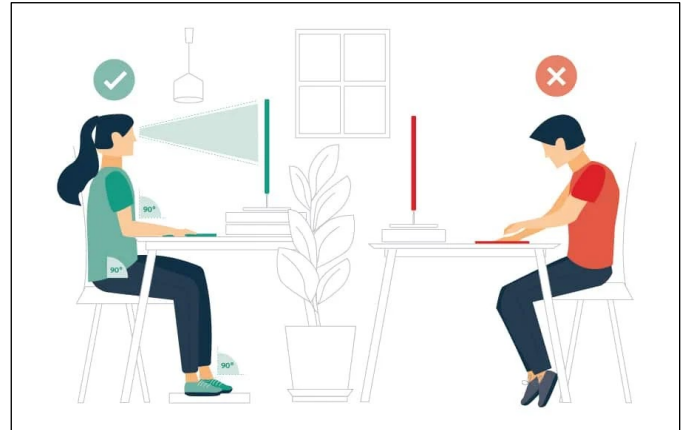
## Diagnosis

1. Clinical Evaluation
  - a. Symptom review
  - b. Patient history
  - c. Physical examination
2. Diagnostic Tests
  - a. Nerve conduction studies
  - b. Electromyography



## Treatment

- Medications
  - Anti-inflammatory medications
  - Corticosteroid injections
- Lifestyle Modifications
  - Wrist splinting
  - Ergonomic adjustments



## Prevention

- Workplace Ergonomics
  - Proper wrist position
  - Regular breaks and stretches
- Healthy Lifestyle
  - Healthy weight
  - Managing underlying conditions
- Exercise
  - Stretching and strengthening exercises for wrist and hand

