

Gipskamer

## Polsspalk bij Carpaal Tunnel Syndroom - Engels

### Introduction

Your doctor has told you that you are suffering from Carpal Tunnel Syndrome. Your treatment will involve wearing a splint. This folder will explain why you are being asked to wear this splint and how you should look after it.

### What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome is caused by pressure on the median nerve to your arm as it passes through the carpal tunnel. The carpal tunnel is a narrow tunnel formed by the wrist bone (carpal bone) and a ligament stretching from your little finger into your thumb at the base of your palm. Nerves run through this tunnel together with the tendons that flex the fingers. It is soft and therefore sensitive to pressure.

### Causes of CTS

The compression of the nerve is usually caused by a swelling of the tendon sheaths. Hormonal imbalance can cause the connective tissue to swell up, or the tendon sheaths may swell up because of irritation caused by rheumatism or by strenuous manual labour.

### Symptoms of CTS

The symptoms common to Carpal Tunnel Syndrome are caused by the compression of the nerve and manifest themselves in a tingling or painful feeling in the hand and the fingers. Some people experience numbness in the finger tips and loss of manual strength. The pain can radiate through the lower arm and elbow to the shoulder. Symptoms are often worse at night time.



Figuur 1. Wrist splint for Carpal Tunnel Syndrome

### Why a splint?

You have been given a splint to relieve your wrist. The splint has a metal plate on the inside, so that you will be unable to bend your wrist. This will ensure that there is less strain on the nerve. Wearing the splint usually reduces the symptoms and the pain.

### When should you wear the splint?

You will mainly wear the splint at night, as everyone sleeps with bent wrists and this causes compression, and can put the fluid in the wrist under extra pressure.

### How long will you have to wear the splint?

To be able to evaluate the results properly, it is important that you wear the splint every night - without fail - for six weeks.

### Maintaining the splint

You can wash the splint yourself in luke-warm soapy water (by hand). You should, however, first remove the metal liner. Once it is completely dry, the metal liner can be fitted back into the splint.

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## VieCuri Medisch Centrum

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