

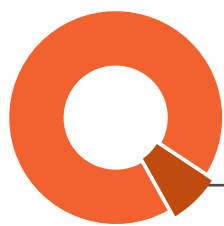
# THE BASICS OF CARPAL TUNNEL SYNDROME

## WHAT IS CARPAL TUNNEL SYNDROME?

**CARPAL TUNNEL SYNDROME (CTS)** IS A CONDITION THAT DEVELOPS IN YOUR HAND AND WRIST WHEN THE MEDIAN NERVE IS COMPRESSED BY SWOLLEN TENDONS AS IT PASSES THROUGH THE WRIST.

THE MEDIAN NERVE SUPPLIES MOTOR FUNCTION AND SENSATION TO THE HAND

THE **ORANGE** DEPICTS THE AFFECTED AREA



**5%** ONLY A SMALL PERCENTAGE OF AMERICANS ARE AFFECTED BY CTS

ACCORDING TO THE JOURNAL OF HAND SURGERY 2010

ANTI-INFLAMMATORY **MEDICATIONS** CAN TREAT CTS SYMPTOMS BEFORE SURGERY IS REQUIRED  
WRIST SPLINTS WORN AT NIGHT ALSO HELP RELIEVE SYMPTOMS



## RED FLAG SYMPTOMS



TINGLING, NUMBNESS AND LOSS OF STRENGTH IN THE HAND AND FOREARM

ACHEY HANDS, USUALLY WAKES IN THE NIGHT

PROGRESSING SYMPTOMS THAT CAN LEAD TO IRREVERSIBLE NERVE DAMAGE

## ASK DR. JOHNS



“ Most of my patients have lived with Carpal Tunnel Syndrome for years without knowing what solutions are available to them. They say that they would have had their CTS surgery much sooner if they had known how easy it was. You can be in and out of the hospital on the same day and back to normal life soon after. ”

MORE INFORMATION AT [WWW.TIMJOHANSMD.COM](http://WWW.TIMJOHANSMD.COM)