

WHEN TO HAVE SURGERY FOR CARPAL TUNNEL SYNDROME

TREAT THE SYMPTOMS FIRST



ANTI-INFLAMMATORY **MEDICATIONS** CAN REDUCE SWELLING IN THE TENDONS & RELIEVE PRESSURE ON THE MEDIAN NERVE



WEAR **WRIST SPLINTS** AT NIGHT TO HELP RELIEVE ACHES AND PAINS. MOST SYMPTOMS BEGIN AT NIGHT & CAN DISRUPT SLEEP



RESTRICT ACTIVITIES THAT ARE CONTRIBUTING TO THE SYMPTOMS, INCLUDING HAND, WRIST & FOREARM FOCUSED WORK & SPORTS, ANYTHING THAT PUTS PRESSURE ON THE BASE OF THE PALM, OR WORKING WITH MACHINERY THAT VIBRATES- SUCH AS JACK HAMMERS.

RED FLAG SYMPTOMS

IF NONINVASIVE TREATMENTS ARE NO LONGER HELPING YOUR CTS SYMPTOMS, YOU MAY NEED TO CONSIDER SURGERY. HERE ARE THE CLEAR SIGNS:



PROGRESSING WEAKNESS AND/OR NUMBNESS IN THE HAND

ACHINESS & PAIN THAT IS SEVERE ENOUGH TO DISRUPT YOUR LIFESTYLE OR WORK

LOSS OF STRENGTH IN THE HAND

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