

## Mayo Clinic Minute

### Symptoms, solutions for carpal tunnel syndrome

VIDEO	AUDIO
	This is the pathway that creates a problem.
Dr. Sanj Kakar	“This is basically the carpal tunnel ligament.”
Dr. Sanj Kakar	“The median nerve is this yellow structure.”
<b>Graphic:</b> <b>Carpal tunnel syndrome</b> <b>Median nerve</b> <b>Mass</b> <b>Thickening tissues</b>	Carpal tunnel syndrome is simply pressure on that nerve. A majority of the times, doctors don’t know why, but sometimes it can be due to a mass or thickening of the tissues in the carpal canal.
<b>Title:</b> <b>Sanj Kakar, M.D.</b> <b>Orthopedics</b> <b>Mayo Clinic</b>	“And patients will generally complain of numbness and tingling. It mainly happens at nighttime.”
	Orthopedic surgeon Dr. Sanj Kakar says if symptoms are ignored, carpal tunnel can lead to difficulties doing what were routine tasks.
Dr. Sanj Kakar	“Women have difficulty doing their bra. Men have difficulty doing the top button of their shirt.”
<b>Graphic:</b> <b>Rigid brace</b> <b>Steroid injection</b> <b>Surgery</b>	Dr. Kakar says for some patients, wearing a wrist brace at night can ease symptoms. A steroid injection may help – although the effects can wear off over time. The next option is a short surgery to open the tunnel and relieve the pressure.
Dr. Sanj Kakar	“All we are doing is literally opening up this band.”
Dr. Sanj Kakar	“The actual procedure takes five to 10 minutes. And it’s amazing the number of times you see patients who say, “I didn’t realize that’s all it took.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.