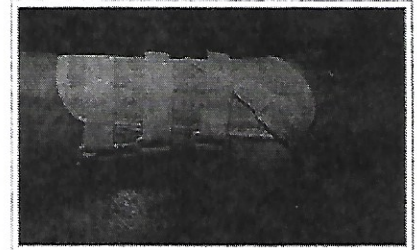


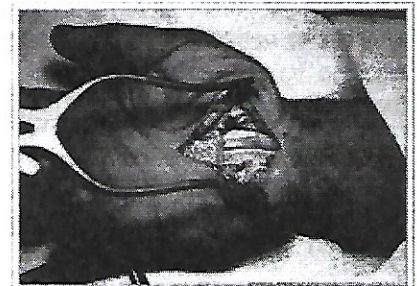
Corticosteroid injections can be effective for temporary relief from symptoms while a person develops a long-term strategy that fits their lifestyle. This form of treatment is shown to reduce discomfort in those with CTS due to its ability to decrease median nerve swelling. The injections can be done under local anesthesia at the office and takes few minutes. This treatment is not appropriate for extended periods, however. In general, local steroid injections are only used until more definitive treatment options can be used. It is an option for patients who has very severe case of CTS and surgical approach will not improve their condition. Also, it is an option for patients whom surgery did not help them and continue to have persistent pain and tingling after surgery.

Surgery :

Release of the transverse carpal ligament is known as "carpal tunnel release" surgery. It is recommended when there is static (constant, not just intermittent) numbness, muscle weakness, or atrophy, and when night-splinting or other conservative interventions no longer control intermittent symptoms. The surgery may be done with local or regional anesthesia with or without sedation, or under general anesthesia. In general, milder cases can be controlled for months to years, but severe cases are unrelenting symptomatically and are likely to result in surgical treatment.



A different type of rigid splint used in carpal tunnel syndrome.



Carpal tunnel syndrome operation