

## Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Freephone (City Hospital Campus):**

0800 052 1195

**Freephone (QMC Campus):**

0800 183 0204

**From a mobile or abroad:**

0115 924 9924 ext 65412 or 62301



**Minicom:** 0800 183 0204

**E-mail:** [pals@nuh.nhs.uk](mailto:pals@nuh.nhs.uk)

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Freepost NEA 14614,  
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# Carpal Tunnel Syndrome

## Physiotherapy Department

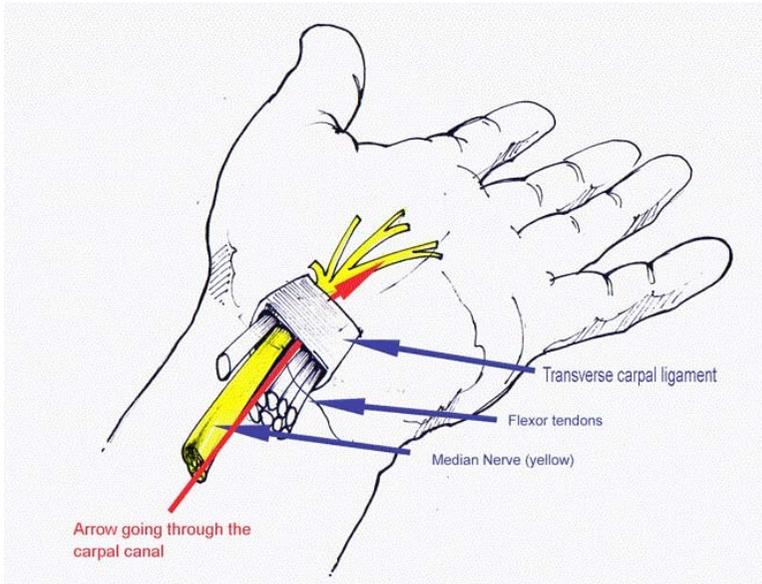
This document can be provided in different languages and formats. For more information please contact:

Physiotherapy Department  
City Campus

Tel: 0115 9627679

## What is Carpal Tunnel Syndrome?

As the major tendons and nerve run into the hand they pass through a tunnel at the wrist. This tunnel consists of bones at the base and a ligament at the top.



## Why do people get Carpal Tunnel Syndrome?

If there is any swelling around the wrist due to an injury, arthritis or water retention the space in the tunnel becomes tight and squashes the nerve.

## What are the symptoms?

You may experience:

- Pain / ache
- Tingling / numbness
- Weakness / clumsiness

These symptoms are usually felt in the thumb, index and middle fingers.

Often symptoms are worse at night because people tend to sleep with their wrist bent.

Some people get symptoms during certain activities.

Often people find that they struggle with activities such as writing or picking up small objects and can often drop things.

## What can be done?

### Splints

Your physiotherapist may give you a splint to wear at night. The splint will keep your wrist straight and therefore keep the carpal tunnel open.

## Task modification

You may find that the way you carry out your daily activities can alter your symptoms.

Try to consider the following advice:

- Avoid gripping tightly for long periods of time
- Try using padded surfaces and handles
- Avoid bending the wrist too much or for too long
- Avoid repeating the same task for long periods of time
- Try to vary your activities
- Take regular breaks from activities