

## An Overview on Carpal Tunnel Syndrome

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### DESCRIPTION

Carpal tunnel syndrome is caused by stress on the median nerve. The carpal tunnel is a narrow passage surrounded by bones and tendons on the side of the palm. When the median nerve is constricted, the symptoms include numbness, tingling and weakness in the hand and arm. Anatomy of the wrist, health problems and possibly recurrent hand movements contribute to carpal tunnel syndrome. Proper treatment usually relieves tingling and numbness and restores wrist and hand function.

Symptoms of carpal tunnel syndrome usually begin gradually and include, Tingling or Numbness, may notice tingling and numbness in the fingers or hands. Usually affects the thumb and forefinger, middle or ring fingers, but not the little finger, feel like an electric shock in these fingers. The sensation can travel from wrist to arm. These symptoms often occur while holding the steering wheel, phone or newspaper or may wake up. Many people “shake” their hands to try to relieve their symptoms. The feeling of numbness may change steadily over time. Weakness, may feel weakness in the hand and drop objects. It may be due to numbness in the hand or pinch muscle weakness of the big toe, which is controlled by the median nerve.

Carpal tunnel syndrome is caused by stress on the median nerve. The median nerve runs from the forearm to the wrist (carpal tunnel). It provides sensation on the palm of the toe and fingers except for the little finger. It also provides nerve signals to move the muscles around the base of the toe (motor function). Anything that squeezes or irritates the median nerve in the carpal tunnel area can lead to carpal tunnel syndrome. A wrist fracture narrows the carpal tunnel and irritates the nerve, as well as inflammation and inflammation caused by rheumatoid arthritis. Most of the time, there is no single cause for carpal tunnel syndrome. The combination of risk factors may contribute to the development of the condition.

Several factors are associated with carpal tunnel syndrome. Although they do not directly cause carpal tunnel syndrome, they do increase the risk of irritation or damage to the median nerve. Wrist fracture or dislocation, or deformity of the small bones in the wrist, changes the space in the carpal tunnel and puts pressure on the median nerves. Carpal tunnel syndrome is

generally occurring in women. This may be due to the fact that the carpal tunnel area is much smaller in women than in men. Women with carpal tunnel syndrome may also have smaller carpal tunnels than women without the condition. Some chronic illnesses, such as diabetes, increase the risk of nerve damage, including median nerve damage. Rheumatoid arthritis and other conditions involving the inflammatory component affect the lining around the tendons in the wrist and put pressure on the median nerve. Some studies have shown a link between carpal tunnel syndrome and the use of anastrozole (Arimidex), a drug used to treat breast cancer. Obesity is a risk factor for carpal tunnel syndrome. Fluid retention increases the pressure inside the carpal tunnel, irritating the median nerve. It is most common during menopause and pregnancy. Carpal tunnel syndrome associated with pregnancy usually improves on its own after pregnancy. Certain conditions such as menopause, thyroid disorders, kidney failure and lymphedema increase the chances of carpal tunnel syndrome. Working with vibrating tools or in an assembly line that requires bending the wrist for long or repeatedly can create detrimental pressure on the median nerve and damage existing nerves, especially while working in cold weather.

However, the scientific evidence is contradictory and these factors have not been established as direct causes of carpal tunnel syndrome. Several studies have analyzed whether there is a link between computer use and carpal tunnel syndrome. Some evidence suggests that this is mouse usage and not using the keyboard, which may be the problem. However, there is insufficient quality and consistent evidence to support widespread computer use as a risk factor for carpal tunnel syndrome, although it can cause a different form of hand pain. There are no proven strategies to prevent carpal tunnel syndrome, but with these methods we can reduce stress on the hands and wrists:

If there is a cash register or keyboard at work, for example, press the keys softly. For longer handwriting, use a large pen with a heavy, soft grip adapter and free-flowing ink. Periodically gently stretch and bend the arms and wrists. Do alternative tasks when possible. This is especially important use vibrating devices or need to use large amounts of power. Every hour can vary even a

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few minutes. Avoid bending wrist all the way up or down. A relaxed middle position is best. Keep keyboard at elbow height or slightly lower. Incorrect posture rolls shoulders forward, shortening the neck and shoulder muscles and compressing nerves in the neck. This can affect the wrists, fingers and hands, and can cause neck pain. Change our computer mouse and keep

our hands warm. Make sure that computer mouse is comfortable and doesn't strain wrist. Most likely to develop hand pain and stiffness if work in a cold environment. Can't control the temperature at work, put on fingerless gloves that keep the hands and wrists warm.