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One of the most common injuries we see in our practice is related to carpal tunnel syndrome. In this newsletter, we explore what this is, and how physical therapy can help.

### **When Do You Need Carpal Tunnel Release Physical Therapy?**

If you are considering carpal tunnel release surgery upon the advice of your physician, please also make arrangements to have carpal tunnel release physical therapy simultaneous to this. Physical therapy can help your recovery.

Let's explore a bit more about this surgery and your physical therapy options.

### **First, what is your carpal tunnel?**

The carpal tunnel is a vessel of the hand, which contains many other important nerves. Carpal tunnel syndrome happens when there is pressure or inflammation in the nerves within the carpal tunnel. It is very common in those who type a lot, for instance, or perform other repetitive motions.

The initial treatment for carpal tunnel syndrome is non-surgical. However, if symptoms do not improve or the condition persists for more than six months, your doctor will most likely recommend surgery, also known as carpal tunnel release, to ease the pressure on the carpal tunnel.

### **What happens in a carpal tunnel release?**

Carpal tunnel release is a surgical procedure, which involves cutting the surrounding tissues on the wrist to lessen the pressure on the affected nerve. The traditional method of surgery is open release surgery, wherein the doctor widens the carpal tunnel by cutting the ligament through an incision made on the wrist about two inches in size.

Another type of carpal tunnel release surgery is endoscopic surgery, which often requires two incisions, each half an inch in size, one on the wrist and another on the palm. Some doctors may make only one incision on the wrist. Next, the doctor inserts a tube with a camera through one of the incisions and by observing the onscreen view of the affected area, the doctor efficiently proceeds with cutting the carpal ligament. Endoscopic surgery provides quicker recovery, minimal post-surgery discomfort and less scarring than open release surgery. Patients may have carpal tunnel release done on one or both hands. Patients are usually under local anesthesia during the surgery but some cases may require general anesthesia. Carpal tunnel release is an outpatient procedure so patients do not have to stay in the hospital overnight.



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After surgery, your focus will naturally be a speedy recovery. It is important to note that complete recovery may take several months. Patients should go through carpal tunnel release physical therapy to strengthen the wrist. If it is not necessary for you to change your job, your therapist may ask you to change some work habits or adjust some activities that may affect your recovery. Your treatment will be tailored to your needs and circumstances.

Doctors usually recommend carpal tunnel release physical therapy when patients are undergoing surgery on both hands. In this case, the patient undergoes carpal tunnel release physical therapy in between surgeries to advance the recovery process. When recommending carpal tunnel release physical therapy, doctors look at the extent of the surgery and the condition of the operated area. While carpal tunnel release physical therapy will certainly contribute to a faster recovery.

If you are under treatment for carpal tunnel syndrome, please make an appointment with us for your physical therapy needs.

We can help speed your recovery and reduce the pain and discomfort of your carpal tunnel surgery.

Give us a call at 308-872-5800 and we'd be happy to schedule a session with you to explore how we can help!

Sincerely,  
Becky Pearson

## Attention Back Pain Sufferer:

How to Reduce Your Back Pain by 50% (or more) In Just One Day

Our free low back pain and sciatica workshop will teach you effective strategies for managing and improving your pain without medication, injections, or surgery.

Over 65 million Americans experience low back pain at some point in their lives. Many of them try to just "live with it" - but, truthfully, chronic low back pain impacts everything in your life.

You wake up feeling tired and irritable. You can't sit or stand for long periods of time. Exercise hurts. You can't lift your children to hug them. Your quality of life suffers.

It doesn't have to be this way.

We're offering a low back pain and sciatica management workshop--absolutely free!

**Date: Tuesday August 30, 2016**

Place: Pearson PT, 2021 South E St, Suite #1  
Broken Bow, NE 68822

**Time: 4-5:00 p.m.**

In this workshop, you'll learn exactly what is causing your pain, and what you can do to reduce your pain. Our treatments can reduce your pain up to 50%, without medication, injections, or surgery.

To attend this valuable and helpful workshop, **please register online at [pearsonpt.com](http://pearsonpt.com) or call 872-5800**. You'll receive a confirmation email with all the details you'll need to attend. (And because we know that sometimes you don't want to attend workshops alone, please feel free to bring a friend!)

If you're tired of your lower back pain and ready to take charge of your health, be sure to register today, as spaces are limited, and we want to be sure to see you on August 16!