

NON-CONSERVATIVE TREATMENTS FOR CARPAL TUNNEL SYNDROME & OTHER REPETITIVE STRAIN INJURIES

Wrist Splints and Anti-Inflammatory Medications

This approach to treating carpal tunnel syndrome and other repetitive strain injuries has a very poor success rate. The FAILURE RATE for total alleviation of all symptoms is about 82.6%

Lontophoresis and Splints

This procedure is also very ineffective and reveals that only 11 subjects out of 19 experienced relief.

Steroid Injection

The FAILURE RATE for total alleviation after a one-year follow-up is about 75.6% of all patients.

Surgery

the "classic" surgery for carpal tunnel syndrome involves an open technique where a small incision is made over the region of the ligament - which compresses the median nerve. This ligament is released to decompress the median nerve.

The average failure rate, which is very conservative, is 57% after following the patient from 1-day to 6-years. At least one of the following symptoms re-occurred during this time; pain, numbness, and tingling sensations. After 6 -years, the onset of at least one of these symptoms can reach higher than 90%. Most of these individuals will have surgery more than once, and patients have been known to have as many as five to eight surgeries on just one hand!

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