

We specialize in :

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- Minimally Invasive Hip and
Knee Replacement
- Arthritis and Fracture of the
Hand and Upper Extremity
- Carpal Tunnel Syndrome and
Trigger Fingers

Disclaimer

**This is guide is for informational purposes only and is not intended as a guide to self treatment. Seek the advice of a qualified physician before initiating any treatment on your own.*



Highland Center For Orthopaedics



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Orthopaedic Surgery*

*Certificate of Added Qualification in
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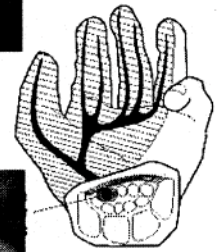
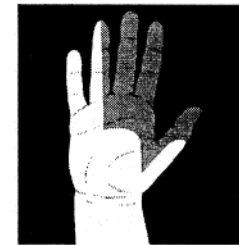
Website

www.highlandortho.com

Carpal Tunnel Syndrome

*Do you have numbness, pain and
tingling in your hands at night?*

*You could have Carpal Tunnel
Syndrome.*



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Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is a common source of hand/wrist pain and numbness that affects up to 10 percent of the population. If left untreated CTS can cause permanent hand dysfunction. Although the actual cause is unknown, CTS occurs more commonly in females, diabetics, and people with arthritis and certain thyroid conditions. It is caused by increased pressure on the median nerve which travels through the confined space of the carpal tunnel at the palm side of the wrist.(Figure 1)

Symptoms and Diagnosis

The most common complaint is wrist/hand pain and numbness especially that wakes a person up at night. The numbness is often in the thumb, index, and middle fingers but can occur in all fingers. Special nerve tests called nerve conduction studies can help diagnose the condition

Treatment

Early treatment includes anti-inflammatory medication like ibuprofen, night splinting (Figure 2) and cortisone injections. If these measures fail to provide relief a 10 minute, minimally invasive outpatient procedure called **Carpal Tunnel Release**, performed through a 1/2 inch incision at the palm can relieve the condition permanently and allow use of the hand the same day.

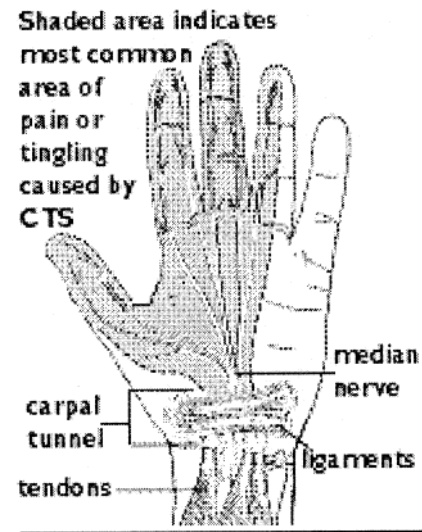


Figure 1:
Anatomy

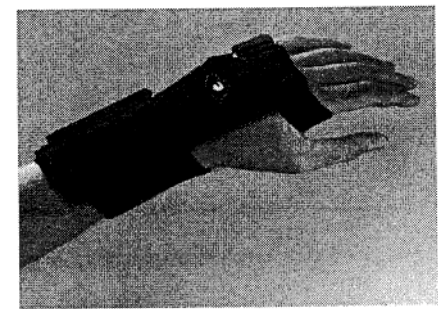


Figure 2 : Carpal Tunnel Splint



About the author:

Dr. Jurbala is a Fellowship Trained/[Board Certified Orthopaedic Surgeon](#) specializing in Hand and Upper Extremity Surgery, Arthroscopic and minimally invasive surgery of the Knee/Shoulder and [Joint Replacement](#). He holds privileges at Winter Haven Hospital and The Day Surgery Center in Winter Haven. Dr. Jurbala also served as President of the Polk County Medical Association for 2009 and is the President and founder of Highland Center for Orthopaedics.



Highland Center For Orthopaedics

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