

# CARPAL TUNNEL SYNDROME

Do You Experience...

- Pain and/or numbness in your hands?
- Difficulty gripping or holding onto objects?
- Difficulty fastening buttons, holding onto an ink pen, or other fine motor activities?
- Decreased grip and pinch strength?

If so, you could be suffering from

## CARPAL TUNNEL SYNDROME



Carpal Tunnel Syndrome is entrapment of the median nerve at the wrist causing numbness in the thumb, index, middle and part of the ring finger. This causes weakness and decreased coordination in your fingers.

You may benefit from Hand Therapy focusing on activity modification, splinting, and tendon gliding based on your individual needs.

If you have hand pain that won't go away, schedule an appointment with one of the surgeons at the Hand Center of Southwestern Ohio.

**The Hand Center of Southwestern Ohio**  
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