What is carpal tunnel syndrome and do you have symptoms?
Take the Carpal Tunnel Screening Quiz.

Do you frequently feel tingling or numbness in the palm of your hand and fingers (especially thumb, index, and middle fingers)?
   ___ Yes    ___ No

Do you frequently feel burning in the palm of your hand and fingers (especially thumb, index, middle fingers)?
   ___ Yes    ___ No

Do you frequently feel an itching sensation in the palm of your hand and fingers?
   ___ Yes    ___ No

Does wearing a splint at night ease your symptoms of carpal tunnel syndrome?
   ___ Yes    ___ No

Do your fingers feel useless and swollen, even when no swelling is evident?
   ___ Yes    ___ No

Even if you now experience symptoms in the daytime, do you recall your initial symptoms occurred at night?
   ___ Yes    ___ No

Did your initial symptoms occur in one hand or two hands?
   ___ Yes    ___ No

Have you ever been awakened from sleep feeling you need to "shake out" your hand to ease symptoms?
   ___ Yes    ___ No

Do you have decreased grip strength?
   ___ Yes    ___ No

Are you clumsy when handling objects?
   ___ Yes    ___ No

What is Carpal Tunnel?
The median nerve travels from the forearm into your hand through a "tunnel" in your wrist. The bottom and sides of this tunnel are formed by wrist bones. The top of the tunnel is covered by a strong band of connective tissue called a ligament.

If you answered yes to 1 to 4 of these questions and the symptoms persist you should seek medical attention. Schedule an evaluation and/or learn non-surgical options for the treatment of Carpal Tunnel Syndrome. Call Orthopedic Associates of SW Ohio at 800-824-9861 to schedule with one of our hand surgeons.