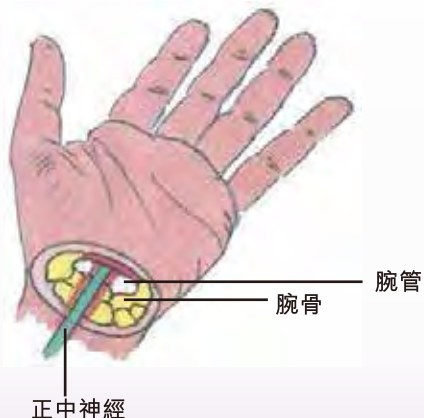


## 腕管綜合症

### 簡介

“腕管”是手腕的一個隧道形空間，內有肌腱及‘正中神經’從腕管中走過(如圖示)，在某些情況下，手部或腕部重覆用力、腕骨和腕關節創傷、類風濕關節炎、甲狀腺功能失調、糖尿病、更年期、妊娠期等等，腕管內的正中神經受壓，均可引致腕管綜合症，症狀是姆指、食指及中指出現痺痛現象，因而影響日常生活。



### 治療方法

- ◆ 適當的休息及活動
- ◆ 職業治療，如用手架
- ◆ 適當使用口服藥，例如：消炎藥、利尿藥等
- ◆ 亦可用物理治療，例如超聲波

- ◆ 手術治療，一般只需使用局部麻醉。直接開刀鬆解或用內窺鏡協助鬆解腕管，減低管內壓力，使正中神經不再受壓。如病人情況穩定，可即日出院。

### 護理

- ◆ 手腕要多些休息和防止彎曲，可減輕肌腱發炎和腫脹。
- ◆ 活動手指及其他上肢關節，可減少腫脹及增進功能。
- ◆ 如手部有傷口，應儘量保持乾爽、清潔和防止弄濕。
- ◆ 如傷口有疼痛，可服用止痛藥
- ◆ 手術後，如傷口有大量出血、持續紅腫、膿性滲液分泌、或劇痛，請儘快向醫生求診。

### 可能出現的併發症

- ◆ 傷口發炎
- ◆ 神經線受損

### 覆診

請依時覆診及復康治療。

此症即使完全康復後，仍然有機會復發。個別的治療及康復進度並非一樣。如有疑問，請向醫護人員查詢。

祝君早日康復!

以上資料由瑪麗醫院矯型及創傷外科提供。




瑪麗醫院

Queen Mary Hospital

## 腕管綜合症

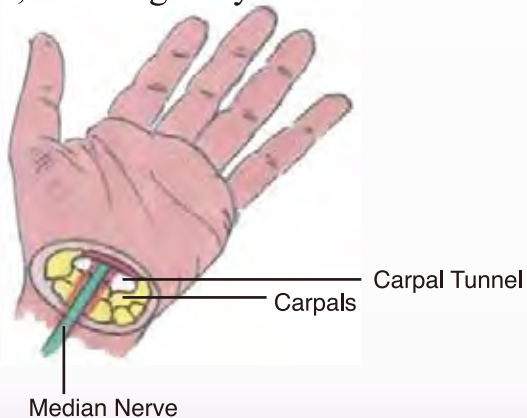
## CARPAL TUNNEL SYNDROME

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
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## CARPAL TUNNEL SYNDROME

### Introduction

Carpal Tunnel is the space underneath the volar side of the wrist. There are muscles, tendons and the median nerve running through. In some situations, e.g. repetitive movement of the wrist, wrist trauma, patient with rheumatoid arthritis, thyroid disease, diabetes, menopause, pregnancy etc., where the median nerve is being compressed, leading to carpal tunnel syndrome and resulting in numbness, tingling sensation and painful hand, affecting daily activities.



### Treatment Modalities

- ◆ Appropriate rest and activity modification

- ◆ Oral medication, e.g. anti-inflammatory drugs, diuretics, etc.
- ◆ Physiotherapy, e.g. ultrasound treatment. Occupational therapy, e.g. hand splint.
- ◆ Surgery to relieve the carpal tunnel pressure and free the median nerve from pressure. This can be done through open surgery or endoscopic surgery. The operation is usually done under local anaesthesia. If patient's condition is stable, she/he can be discharged on the same day.

### Care & Advice

- ◆ Rest the wrist and prevent flexing the painful wrist can help to control inflammation and oedema
- ◆ Mobilize fingers and other joints of the upper limb can help to decrease oedema and enhance function.
- ◆ If there is wound on the wrist, keep it clean and dry. Avoid wetting the wound. If there are stitches that need to be removed, usually, it will be removed 14 days after the operation. Have them removed at the health clinic as instructed.
- ◆ If there is wound pain, take pain killers as prescribed.

- ◆ If you have the operation performed, and there is severe bleeding or purulent discharge from the wound, or persistent redness, swelling or pain over the wound, seek medical advice promptly.

### Complications of Surgery

It is rare, but there may be wound infection, nerve damage etc.

### Follow up

Remember to attend follow up as scheduled.

Even after recovery, carpal tunnel syndrome still can recur. As patient's condition is different, the treatment and rehabilitation regimens may be different. If necessary, please seek professional advice.

Get Well Soon!