

Your Weekly Medical Advice

by Dr Zhi Su

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200



Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) is a relatively common condition that causes a tingling sensation, numbness and sometimes pain in the hand and fingers. Usually, these sensations develop gradually and worsen during the night. They tend to affect the thumb, index finger and middle finger.

The carpal tunnel is a narrow passage way in the wrist, which opens into the hand. It is surrounded by the bones of the wrist (underneath) and the transverse carpal ligament (across the top). The median nerve runs through the carpal tunnel and gives feeling to the thumb, forefinger, middle finger and half of the ring finger. Many tendons also pass through this carpal tunnel and if any swelling occurs, the large median nerve can easily be compressed, causing carpal tunnel syndrome.

Anything that causes swelling inside the wrist can cause carpal tunnel syndrome, including repetitive hand movements, pregnancy, arthritis, diabetes and thyroid gland imbalance.

Treatments can include rest for the affected hand; physiotherapy; wearing splints on the affected wrist and hand at night; corticosteroid injections and diuretic medication. Surgery may be required if non-surgical treatments fails to relieve the symptoms. It may also be used if there is a risk of permanent nerve damage.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au