



Understanding Carpal Tunnel Syndrome: Symptoms, Causes, and Treatments

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Abstract

Carpal Tunnel Syndrome (CTS) is a prevalent condition characterized by pain, numbness, and tingling in the hand and wrist, resulting from compression of the median nerve as it travels through the carpal tunnel. This abstract provides an overview of the symptoms, causes, and treatments associated with CTS. Symptoms often begin gradually and can interfere with daily activities, impacting quality of life. Common causes include repetitive hand movements, wrist anatomy, and certain medical conditions such as diabetes and rheumatoid arthritis. Diagnosis typically involves clinical

its symptoms and causes for effective management. Early diagnosis is crucial, as timely intervention can prevent the progression of symptoms and enhance quality of life. Conservative treatments, including splinting and ergonomic adjustments, are often effective for mild to moderate cases, while surgical options provide relief for those with more severe symptoms. As awareness of CTS continues to grow, so does the importance of preventive measures in at-risk populations. By promoting ergonomic practices and educating individuals about the condition, we can reduce the incidence of CTS and its associated complications. Ongoing research into the pathophysiology and innovative treatment options will further enhance our understanding and management of this condition, ultimately leading to better outcomes for affected individuals.

Acknowledgment

None

Conflict of Interest

None

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