

Your Journey with Carpal Tunnel Syndrome



For more information scan this QR code or go to myhealth.alberta.ca/carpal-tunnel-syndrome-pathway

Carpal tunnel syndrome is a common condition that affects one of the nerves (median nerve) in your hand and wrist. Pressure on median nerve within the carpal tunnel may result in pain, burning, numbness, tingling, and/or weakness in your hand and wrist. You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and treat your carpal tunnel syndrome. If you have any questions along the way, please ask your team.

Before your appointment

- Write down how you feel, your symptoms, and any questions or concerns.
- Write down things that you find make your symptoms better and worse, and what you have tried to manage your symptoms.
- Consider bringing a family member or friend to support you.



Visit your healthcare provider

- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- In order to better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.
- During your visit with your healthcare provider, they may use tests like Tinel's sign, Phalen's test, and Durkan's test to see if and where symptoms happen.



Get your tests

- Some people may be sent for electrodiagnostic studies or an ultrasound.



Review your test results

- If blood work is ordered to assess for other conditions, you may find your results on MyHealth Records or MyChart (myhealth.alberta.ca/myhealthrecords or ahs.ca/mychart).
- You can ask your healthcare provider to share your results with you (for example, electrodiagnostic study results).



Review your treatment & management options

- Explore the different treatment options:
 - Wrist splints
 - Changes to your activities
 - Steroid injections
- You and your healthcare provider may decide that you should think about having surgery for your carpal tunnel syndrome.
- Decide what will work best for you.



Talk with your healthcare provider about a referral

- Non-surgical options (for example, splints, activity modification) are usually tried first to see if they help with your symptoms.
- Referral to a specialist is based on your symptoms, impacts on your day-to-day life, how you respond to non-surgical treatment, and your test results.



Start your treatment & watch your symptoms

- Take an active role in your treatment.
- Write down any changes you notice in your symptoms.
- Pay attention to worsening numbness/tingling/pain in your hand/fingers, and if you experience increased difficulty using your hand (for example, doing up buttons, holding a fork, etc.).



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy lifestyle resources and supports.



Whole-person health

Important Tips:

Need to connect with a primary care clinic?

ahs.ca/findadoctor

Need a translator or interpreter? Let your healthcare provider know

Need health advice?

Call Health Link at 811

Need to find programs and resources in your community?

Call 211 or visit ab.211.ca



Primary Care
Alberta