

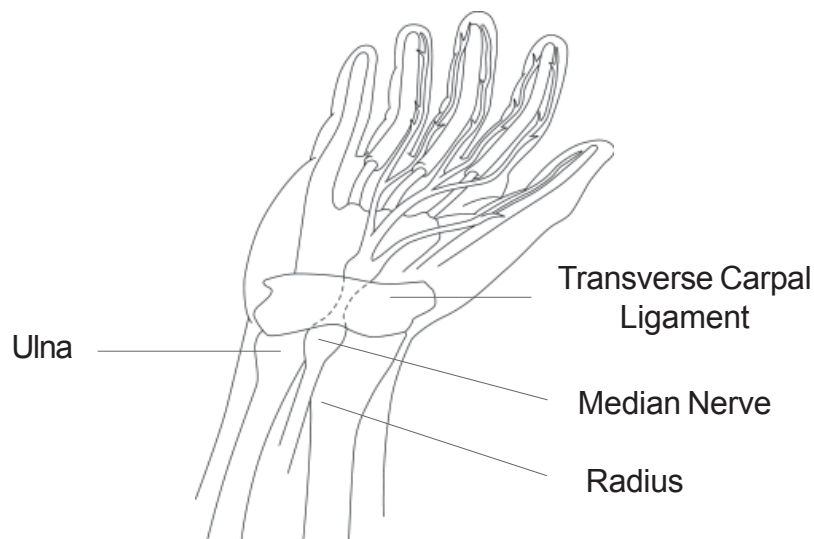
Physiotherapy Department

Carpal Tunnel Syndrome during and after Pregnancy

What is carpal tunnel syndrome?

Your carpal tunnel is a channel at the wrist that runs between the bones and a strong band of connective tissue. Within this tunnel you have blood vessels, the median nerve and several tendons that help you move your fingers and wrist.

When the median nerve that runs through this channel is compressed it may result in carpal tunnel syndrome.



What are the symptoms?

- Carpal tunnel syndrome is often described as a pain, aching, tingling sensation, numbness and/or a burning sensation in the hand, thumb or fingers.
- You may notice that your hand appears swollen.
- Occasionally people feel they are clumsy or weak in the affected arm.
- Symptoms are commonly said to be worse at night or first thing in the morning.
- Symptoms vary and can range from mild to very painful and may affect both hands.

Why does carpal tunnel syndrome occur in pregnancy?

Carpal tunnel syndrome is very common during pregnancy because of an increase in fluid retention. This fluid sits within the carpal tunnel and compresses the median nerve. It is more common to experience symptoms in the 3rd trimester.

How long will the symptoms last?

Most cases of carpal tunnel syndrome will settle down soon after the baby is born. If symptoms persist for longer or you are struggling to care for your new baby then you should seek further advice from either your women's health physiotherapist or your GP.

Will carpal tunnel effect my baby?

No, your baby is not affected by carpal tunnel

How can I help relieve the symptoms?

Carpal tunnel syndrome tends to persist throughout pregnancy but there are things that you can do to relieve the symptoms.

Things that can help relieve the symptoms:

- **Cold and Heat** – The use of heat can help with pain and muscle relaxation. Use a warm water bottle, or microwavable wheat bag, following the instructions provided when you purchased it. To protect your skin from heat burns, wrap the item in a few layers of towel. Leave in place for 15-20 minutes. It can be reapplied after 2 hours if you wish.
The use of ice can help with pain and inflammation. Use crushed ice cubes or a bag of frozen peas. To reduce the risk of developing an ice burn place the ice pack in a wet towel. Leave in place for 15-20 minutes. It can be reapplied after 2 hours if you wish.
It is normal for the skin to become pink with either heat or ice packs, however, if you experience discomfort or burning sensation remove the item immediately. Do not apply heat or ice packs if you have poor skin sensation or poor circulation, if you are diabetic or over areas of infection.
- **Rest** – Overuse of the affected hand can often result in an increase in your symptoms. Try and avoid lifting/carrying and repetitive actions. Putting weight through the palm of your hand should be avoided, this may occur for example when you are on your hands and knees playing with a toddler. Activities such as shopping and typing may aggravate the problem. Try and find alternatives such as online shopping or ask for help from others. If you cannot avoid a certain activity then try and take regular breaks to rest your hand and wrist.
- **Wrist Splint** – You may find that a wrist splint worn at night and whilst completing aggravating activities may aid in reducing your symptoms.
- **Elevation** – When resting your hand it is a good idea to have your hand rested higher than your shoulder. This can be done by resting your arm under a pillow or two on the arm on a sofa. This will help to drain any swelling away from the hand and wrists.
- **Movement** - try moving or shaking your hands until the pain/ tingling reduces.
- **Posture** - the median nerve runs all the way down to your wrist from your neck so maintaining a good posture at the neck, shoulders and upper back is important. Avoid being round shouldered and poking your chin forward. Avoid activities that force your wrists into a bent forwards or backwards position.



Make a fist and bend your wrist forwards and backwards.

Repeat 10 times day



Hold fingers and wrist straight.

Bend wrist first towards the little finger and then towards the thumb.

Repeat 10 times



Clasp your hands together and support your forearms on a table.

Put the back of one hand on the table and then turn your hands and put the back of other hand on the table.

Repeat 10 times.



Sit with your elbow on the table.

Bend your fingers to the palm and then clench your fist.

Straighten your fingers.

Repeat 10 times

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

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If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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