

CARPAL TUNNEL SYNDROME

WHAT IS CARPAL TUNNEL SYNDROME?

Carpal tunnel syndrome occurs when the nerve that helps move your wrist and fingers is compressed. This often causes pain, tingling, numbness, and weakness in the hand

COMMON SIGNS AND SYMPTOMS

- Numbness/changes in sensation
- Fingers feel swollen
- Weakness in hand and fingers
- Pain in hand, fingers, and/or forearm
- Symptoms that go away with “shaking out” your hand



WHO DOES CARPAL TUNNEL SYNDROME AFFECT?

- Workers that use vibrating hand tools
- Workers that perform repetitive wrist movements
- Workers that are prone to wrist injury or have had a wrist injury before
- Those with health conditions that affect the joints are at higher risk

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical

- Difficulty gripping objects
- Difficulty moving wrist
- Difficulty carrying heavy objects or objects with handles
- Difficulty with activity tolerance

Cognitive

- Pain may lead to decreased concentration

Emotional

- Pain may lead to mood changes, including feelings of sadness, anxiety, frustration, etc.

CARPAL TUNNEL SYNDROME MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support
- For more information, please refer to:
 - [CCOHS - Carpal Tunnel Syndrome](#)
 - [MSD Prevention - Carpal Tunnel Syndrome Prevention](#)
 - [Safety and Well-being - General Exercises](#)