

Endoscopic *Carpal Tunnel Release*

Endoscopic Carpal Tunnel Release is a well-established technique for treating Carpal Tunnel Syndrome (CTS) that is resistant to conservative measures.

This surgical technique allows us to release the transverse carpal ligament internally through a one-centimeter incision aligned with the wrist flexion crease. An endoscope is used to visualize the procedure and allow precise control of the extent of the release.

In our series of more than 500 cases we have found that Endoscopic Carpal Tunnel Release offers the following advantages versus continuing conservative measures over a long period of time:

- **Smaller scar that is barely visible with no scar on the palm**
- **Less post-operative pain**
- **Accelerated complete return of grip strength**
- **Accelerated return to work**
- **No increased chance of complications**

We believe in early use and mobilization of the hand following this surgery. We apply a splint for comfort at the time of surgery, but it is typically removed three days post-operatively and a program of early motion and strengthening is started. Using this combination of surgical technique and post-operative care, most of our patients are able to return to work in two to four weeks.




Northland Plastic Surgery

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JACKIE'S Story



Jackie's hands post-operative

Jackie underwent endoscopic carpal tunnel release on her right hand. Several weeks later she had the same procedure done on her left.

She had virtually immediate resolution of her symptoms and after a brief recovery she had full strength and returned to work.

Jackie suffered from intermittent numbness in both hands, especially the thumb, index and middle fingers. She also experienced aching and weakness in her hands. Her symptoms worsened when on the job driving a bus.

Frequently, she was awakened from her sleep with pain.

Nerve Conduction studies revealed moderately severe bilateral carpal tunnel syndrome.

"I used to have numbness and tingling in my hands and would wake up in the middle of the night. My surgery took care of all of that with no scars or problems! I am a school bus driver and a gardener. Now I can do whatever I want, whenever I want, with my hands." ~ Jackie