Causes of Carpal Tunnel Syndrome

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En Español (Spanish Version)

Anything that causes irritation, inflammation, fluid retention, or an abnormal growth in or around the carpal tunnel can cause carpal tunnel syndrome, including:

- Repetitive movements of the hands, wrists, or fingers—especially overactive use of a computer keyboard, certain musical instruments, or hand tools
- Use of vibrating equipment or tools
- A narrow carpal tunnel (due to heredity or other causes)
- Wrist injury:
  - Burns
  - Broken bones
  - Compression or crush injuries
- Arthritis leading to swelling within the carpal tunnel
- Diabetes
- Raynaud's disease, which impairs blood flow in the hands
- Water retention due to:
  - Kidney disease
  - Heart disease
- Hormone-related conditions, such as:
  - Pregnancy
  - Breastfeeding
  - Menopause
  - Hypothyroidism
  - Cushing's disease
  - Excess growth hormone
- Medications, such as:
  - Birth control pills
  - Cortisone pills or shots
  - Some high blood pressure drugs
- Tumors and cysts in the carpal tunnel

REFERENCES:


