Treatments for Carpal Tunnel Syndrome

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En Español (Spanish Version)

The treatment and management of carpal tunnel syndrome requires that pressure in the carpal tunnel be reduced. There are several ways to do this. As with all health problems, the safest and simplest treatments are tried first. If your carpal tunnel syndrome is due to another treatable condition, such as diabetes or a hormone disorder, that condition may be treated first to see if the carpal tunnel syndrome resolves. To treat carpal tunnel syndrome directly, the options are:

- Rest and exercises
- Splinting
- Medications
- Cortisone injections
- Surgery

Specific treatment descriptions can be found under the following categories:

Lifestyle changes
Medications
Surgery
Alternative and complementary therapies
Other treatments

REFERENCES:


Mayo Foundation for Medical Education and Research website. Available at: http://www.mayo.edu/.


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