

PATIENT INFORMATION

Common Hand & Wrist Conditions

Dr Julyan also treats common conditions of the hand and wrist. This guide explains them simply. Many are helped without surgery; when a small release procedure is needed, it is usually a short day-case operation.

1 Carpal tunnel syndrome

What it is

A nerve (the median nerve) is squeezed as it passes through a tunnel at the wrist.

Common symptoms: pins and needles, numbness or pain in the thumb, index and middle fingers, often worse at night, and sometimes weakness of grip.

Treatment: a night splint, activity changes or an injection may help. If symptoms persist, a **carpal tunnel release** — a short day-case procedure, often under local anaesthetic — relieves the pressure on the nerve.

2 Trigger finger

What it is

A tendon in the finger or thumb catches as it glides, so the digit clicks, locks or is stiff, especially in the morning.

Treatment: splinting or a cortisone injection settles many cases. A minor **trigger-finger release** is a quick day-case option if these do not work.

3 De Quervain's tenosynovitis

What it is

The tendons on the thumb side of the wrist become inflamed and painful.

Common symptoms: pain and tenderness on the thumb side of the wrist, worse gripping, lifting or twisting.

Treatment: a splint, activity changes and an injection help most people. A small release procedure is available if symptoms continue.

4 Cubital tunnel syndrome

What it is

A nerve (the ulnar nerve) is compressed at the inner elbow — the 'funny bone' nerve.

Common symptoms: pins and needles or numbness in the ring and little fingers, discomfort at the inner elbow, and sometimes weakness of the hand.

Treatment: avoiding leaning on the elbow, an elbow splint at night and activity changes may help. A release procedure at the elbow is considered if the nerve stays compressed.

Not sure which applies to you? A short consultation, and sometimes a nerve test or scan, usually gives a clear answer and a plan — which often does not involve surgery.

Rooms: Suite 6, Netcare Pretoria East Hospital, Cnr Garsfontein Rd & Netcare Drive, Moreletapark, Pretoria 0044**Tel:** 012 998 7550

After hours: 082 923 4477**Appointments:** yvette@antonjulyan.co.za

This leaflet gives general information for patients of Dr Anton Julyan and is written for a South African context. It does not replace the specific advice Dr Julyan, the anaesthetist or the nursing staff give you — their instructions always take precedence. Every patient, condition and recovery is different, and individual results vary. This is

