

Carpal Tunnel Syndrome

An
Inside
View

Median Nerve

The only nerve that travels through the tunnel along with the tendons. This soft tissue carries sensations from part of the hand to the central nervous system.

Transverse Carpal Ligament

A very strong ligament connects the arch of the carpal bones, completing the "tunnel."

The Carpal Tunnel

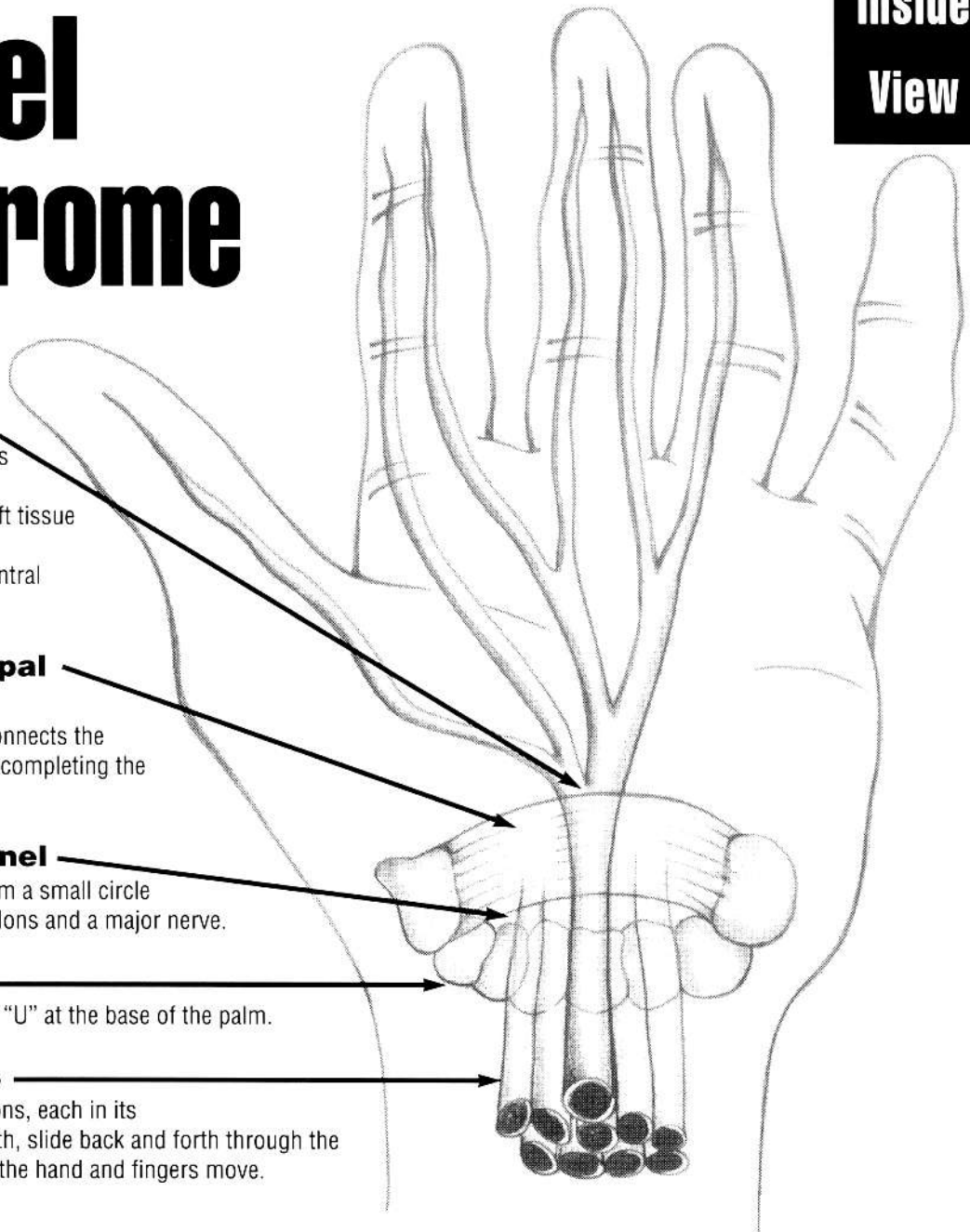
Bones and a ligament form a small circle through which travel tendons and a major nerve.

Carpal Bones

Eight small bones form a "U" at the base of the palm.

Flexor Tendons

Nine tiny but tough tendons, each in its lubricating lining or sheath, slide back and forth through the tunnel as the muscles of the hand and fingers move.



Because bones, ligaments and tendons cannot be compressed, the soft median nerve is the only component in the carpal tunnel that can be pinched. When the lubricating linings around the tendons thicken because of repetitive or too forceful hand movements, the resulting pressure on the nerve causes pain, weakness, numbness, tingling or a burning sensation: carpal tunnel syndrome.

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Outcomes, Inc. (505)243-7145 or 1-800-677-2947