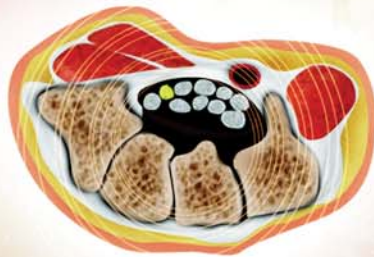




養和醫院

# 腕管綜合症



骨科及運動醫學中心

## 甚麼是腕管綜合症?

腕管是由腕橫韌帶和腕骨組成的管道，管道內含正中神經線和9條肌腱。腕管綜合症是指正中神經線在腕管內受壓而造成的病症。



正中神經

## 腕管綜合症的病徵

臨床上早期徵狀為拇指、食指、中指和半邊無名指有麻痛感，晚上情況較差，病人往往會揮動手掌來減輕病癢。晚期還會出現大拇指肌肉萎縮。

## 腕管綜合症的成因

腕管內的壓力加大的成因包括：

- (一) 荷爾蒙失調而致水腫 - 此況常見於收經期間的婦女，懷孕或甲狀腺功能過低也是常見之原因；
- (二) 腕部骨折或脫臼；
- (三) 類風濕關節炎及痛風症；
- (四) 因勞損而致屈指肌腱鞘炎。



拇指肌肉萎縮



會有麻痺的區域

## 治理方法

### 早期：非手術治療

- 適當休息，避免手掌及腕關節過勞
- 用手托保持腕關節於正中位置
- 可在腕管內注射類固醇藥



### 病症嚴重

如以上治療未能見效，一般會建議用手術治療。如有需要，手術前會安排作神經線傳導檢查。

## 手術簡介

手術一般會用全身或局部麻醉。手術包括腕橫韌帶切斷、腕管探查和正中神經線鬆解。現在手術普遍用內窺鏡進行，手術切口較小及復原時間較快。若遇上腕部嚴重變形或肌腱鞘大幅度增厚，則會採用開放式鬆解術。



## 手術併發症

- 傷口發炎、癒合不良
- 手術切口附近會有輕微疼痛，可能會持續數星期至數個月
- 病癢復發
- 傷及手指或正中神經線

專科診症，敬請預約

如有查詢，歡迎致電本中心

香港跑馬地山村道二號

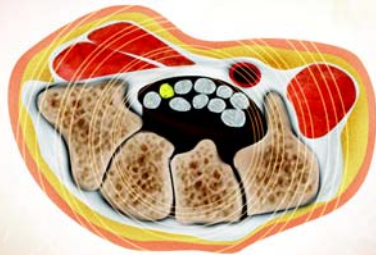
電話：28357890 傳真：28927517

電郵：osmc@hksh.com <http://www.hksh.com>

© 香港養和醫院有限公司  
版權所有



# Carpal Tunnel Syndrome



## What is carpal tunnel syndrome?

There is a space in the wrist called the carpal tunnel through which the median nerve and nine tendons pass from the forearm into the hand.



Median nerve

Carpal tunnel syndrome is a condition when the pressure within the carpal tunnel builds up and causes compression on the median nerve.

## Symptoms and signs of carpal tunnel syndrome

Patients may feel numbness, tingling and pain in the hand and fingers. Usually the first three fingers on the thumb side are affected. It is often worse at night and the patient shakes his hand for relief. In serious cases, the thumb ball muscles will become wasted.

## Causes of carpal tunnel syndrome

Increase in pressure within the carpal tunnel may occur in the following conditions:

- (1) Water retention due to hormonal disturbances – this situation occurs most commonly in women of the perimenopausal period, other causes include pregnancy and low thyroid function;
- (2) Fractures and dislocations around the wrist joint;
- (3) Arthritis including rheumatoid arthritis and gouty arthritis;
- (4) Overuse of the wrist and fingers leading to swelling of the lining of the flexor tendons, a condition called tenosynovitis.



Thumb ball muscles become wasted



Region with numbness and tingling pain

## Methods of treatment

1. **When it is not serious**
  - Rest and avoid overuse of the hand and wrist
  - Splint to keep the wrist in neutral position
  - Sometimes steroid injection can help
2. **When the above methods do not work**

Surgical decompression of the median nerve becomes necessary; if necessary, Nerve Conduction Velocity study is performed before surgery.



## The operation

The operation is conducted under regional or general anaesthesia. The ligamentous structure compressing against the median nerve will be released.



Nowadays, the minimally invasive method using a small incision at the wrist with endoscopic instruments can achieve good relief of symptoms. The scar heals much better and the recovery is faster.

If the wrist is much deformed or the tendon sheaths are much thickened, the conventional method using an incision across the wrist will be used.

## Possible complications

- Wound infection or delayed healing
- Soreness around the incision may last for several weeks or months
- Recurrence of the symptoms
- Damage to the median nerve or its branches

For enquiries and appointment, please contact us at :

2 Village Road, Happy Valley, Hong Kong

Tel : 2835 7890

Fax : 2892 7517

E-mail : [osmc@hksh.com](mailto:osmc@hksh.com)

[http:// www.hksh.com](http://www.hksh.com)