

# Innovations In Treating Carpal Tunnel Syndrome

## Ultrasound Guided In-Office Carpal Tunnel Release

### Q: WHAT IS CARPAL TUNNEL SYNDROME?

**A:** "Carpal Tunnel is a condition that is caused by compression or pinching of the median nerve at the wrist. The compression is caused by the Trans Carpal Ligament (TCL) which is a thick ligament that bridges over the median nerve and associated flexor tendons at the wrist. When the pressures in the carpal tunnel become excessive the nerve becomes compressed and 'injured' causing symptoms."

### Q: WHAT ARE THE SYMPTOMS OF CARPAL TUNNEL?

**A:** "Wrist and hand pain, pain that awakens you from sleep, numbness and/or tingling in the fingers primarily the thumb, index and middle finger, electric like shocks in the wrist and fingers, weakness, loss of dexterity and fine motor skills are all symptoms associated with median nerve compression."

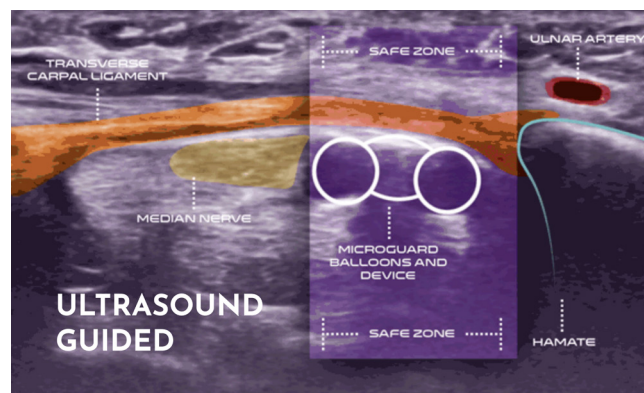
### Q: IS THERE A WAY TO CURE CARPAL TUNNEL?

**A:** "The condition is resolved with release of the Trans Carpal Ligament (TCL). Division of the TCR decompresses the channel where the nerve is located and allows the nerve to recover naturally."

### Q: WHAT IS ULTRAGUIDECTR™?

**A:** "Carpal tunnel release with UltraGuideCTR™ is a new technique to treat Carpal Tunnel Syndrome. This procedure is done in the office using local anesthesia, micro-incision and ultrasound guidance."

### Q: WHAT MAKES CARPAL TUNNEL RELEASE WITH ULTRAGUIDECTR™ DIFFERENT THAN TRADITIONAL SURGERY?



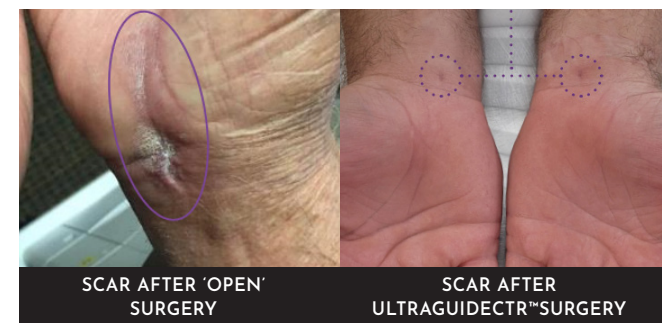
**A:** "Traditional 'open' surgery is done in a hospital setting using a tourniquet. It is performed using direct visualization and by making an incision in the thick skin of the palm directly over the TCL and cutting through normal healthy tissue to gain access to the carpal tunnel. Once exposed using retractors and under direct vision the TCL is divided. When the procedure is complete, sutures are used to close the wound. Sutures are removed at 10 days then therapy is started to aid recovery."

"UltraGuideCTR™ carpal tunnel release is done in the office setting with ultrasound and allows visualization of all the important anatomy. A 5mm microincision is made in the thin skin of the forearm to insert the device into the carpal tunnel with positioning controlled using ultrasound. Once in the appropriate position balloons on each side of the device are deployed to

create a 'safe zone' for a cutting blade that is deployed and used to divide the TCL. When the procedure is complete a band aid is applied. There is no need for routine follow-ups with the doctor or therapy afterwards. For more details on the technique visit [www.sonexhealth.com](http://www.sonexhealth.com)"

### Q: WHAT SHOULD A PATIENT EXPECT WHEN RECOVERING FROM CARPAL TUNNEL RELEASE UNDER ULTRAGUIDECTR™?

**A:** "Recovery using UltraGuideCTR™ is rapid. Full hand function will return within 24 hrs and postprocedural pain usually does not require pain medications. There is no need for suture removal or therapy afterwards."



### Q: DOES IORTHO OFFER ANY OTHER ULTRASOUND GUIDED PROCEDURES?

**A:** "Yes. iOrtho has a state-of-the-art MSK ultrasound suite. UltraGuideTFR™ is also available to treat trigger finger in the office setting using an identical technique to carpal tunnel release. In addition, other therapeutic treatments are performed under ultrasound guidance using state of the art equipment and doctors trained in ultrasound guided procedures."

## iOrtho is offering a free complimentary screening for Carpal Tunnel and Trigger Finger on **TUESDAY, JANUARY 10th,**

**RESERVE YOUR SPOT NOW! SPACES ARE LIMITED.**

Learn about minimally invasive techniques for treating carpal tunnel syndrome and trigger finger at our complimentary patient education and ultrasound scanning event!

### 📍 WHERE

iOrtho  
82 Lamberts Lane  
Staten Island, NY 10314

### 🕒 WHEN

Tuesday, January 10th  
between 2-5PM

### 📧 RSVP

Reserve your spot by  
calling **833-464-6784**



iOrtho now offers same day carpal tunnel and trigger finger screening. For more information, call **833-Go-IOrtho (833-464-6784)**, visit on social media by using [@iorthomd](https://www.instagram.com/iorthomd) or visit [iorthomd.com](http://iorthomd.com)

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