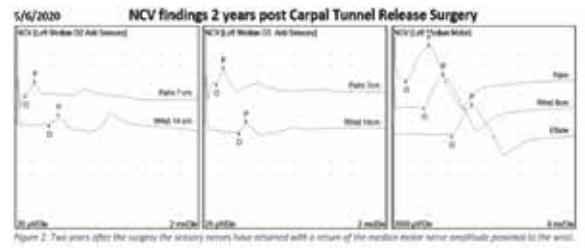


# Common Painful Hand Conditions...

**Carpal tunnel syndrome:** This condition is common and causes tingling and numbness in the fingers or discomfort at the wrist. It is seen in patients over the age of 25 to old. It is more common in diabetics and hypothyroid patients. It is more common in those who use the hands repetitively or those operating on computers and in musicians and in cooks.

The cause is a pressure on the narrow tunnel carrying the nerve. We have skills and knowledge to treat this with special forms of therapies, wrist supports, injections and finally surgery, which can cure it completely.

**Trigger finger / thumb:** The tendons in the hand and fingers allow us to do everyday activities with hands. Since tendons repeatedly move, they are covered with lubricating membranes to reduce friction. Due to overuse, or in some situations, the covering sheath of tendons becomes thickened and in certain positions, does not let the fingers straighten fully. After a certain point, the stuck finger suddenly releases like the trigger of a gun, and hence the name. We have various modalities of treatment with us, like special therapies, injections and finally surgery, which is a simple procedure, done under local anesthesia, that can cure the condition completely.



**Arthritis of the base of the thumb:** Arthritis of the base of the thumb is the 2nd most common joint after the knee to be affected by arthritis. It is generally seen in patients over the age of 50. It can cause debilitating pain which can affect activities of daily living like opening a door or a tap, due to pain and poor grip. It can be effectively treated by splinting the thumb, physiotherapy or injections. Failing which, a surgery to interpose a tendon in the joint will give relief from pain and also give stability and grip to the thumb and joint.

**Tendinitis at the wrist called dequervain's tenosynovitis:** This is an inflammation in the tendon sheath at the wrist causing painful wrist movements. The cause of this condition is due to repetitive overuse of the wrist. This condition responds to splinting, physical therapy, injection treatment or if all else fails, a simple surgery, done under local anesthesia, to release the tight sheath, can cure the condition completely.



**Dr. Purushottam R Padala**  
Consultant Orthopedic Surgeon