

## *H25 Carpal Tunnel Research*

June 2007

Intro: Millions of people know the symptoms of carpal tunnel syndrome – pain, numbness and weakness in your hands, wrists and even arms. Doctors have known for years that pressure build up around a nerve causes carpal tunnel. But they haven't been as certain as to why it happens. New research from Mayo Clinic may lead to answers that could one day help in the prevention of this sometimes debilitating condition.

### **Video**

**Total running time 1:25**

**Bob Craven  
Had Carpal Tunnel Syndrome**

**Standup  
Vivien Williams  
Reporting**

### **Audio**

BEFORE SURGERY, BUCKLING ON THE TOOL BELT WAS NO EASY TASK FOR BOB CRAVEN.

“SEVERE CARPAL TUNNEL IN BOTH HANDS. IT WAS KIND OF DIFFICULT TO BE DOING HAMMERING OR USING POWER TOOLS TO SCREW THINGS IN OR TAKE THINGS APART. I DIDN'T HAVE THE STRENGTH IN MY HANDS I HAVE NOW.”

DOCTORS HAVE LONG KNOWN THAT CARPAL TUNNEL SYNDROME IS THE RESULT OF PRESSURE ON THE MEDIAN NERVE INSIDE THE CARPAL TUNNEL. WHAT DOCTORS

HAVEN'T KNOWN IS WHAT EXACTLY CAUSES THAT PRESSURE. BUT RESEARCHERS AT MAYO CLINIC MAY HAVE FOUND AN ANSWER IN THE LINING AROUND THE TENDONS OF PEOPLE WITH CARPAL TUNNEL.

**Peter Amadio, M.D.**  
**Mayo Clinic Orthopedic Surgeon**

“WHAT WE FOUND IS THEY SHOWED EVIDENCE OF AN INJURY.”

DR. PETER AMADIO AND HIS RESEARCH TEAM FOUND THAT PEOPLE WITH CARPAL TUNNEL SYNDROME HAVE A SPLITTING OR TEARING INJURY IN THIS TISSUE. THE INJURY RESULTS IN SCAR TISSUE THAT THICKENS AND IMPEDES MOVEMENT. IN SEVERE CASES THE TISSUE GETS SO SCARRED AND STIFF THAT IT COMPLETELY RIPS OFF.

**Peter Amadio, M.D.**  
**Mayo Clinic Orthopedic Surgeon**

“MANY PEOPLE HAVE SUSPECTED THAT CARPAL TUNNEL SYNDROME

MIGHT BE CAUSED BY SOME KIND OF INJURY BUT ITS BEEN DIFFICULT TO FIND EVIDENCE OF SPECIFIC INJURY IN THE PAST. THIS IS ONE OF THE FIRST TIMES WE'VE BEEN ABLE TO FIND SUCH EVIDENCE.”

AND WHAT THIS MEANS FOR PEOPLE LIKE BOB IS THAT IF DOCTORS FIND THE CAUSE OF CARPAL TUNNEL SYNDROME, THEY CAN THEN WORK ON DEVELOPING TREATMENTS THAT MAY HELP PREVENT IT. FOR MEDICAL EDGE, I'M VIVIEN WILLIAMS.

Anchor tag:

Dr. Amadio says three-fourths of all carpal tunnel cases have an unknown cause. His research is now focusing on ultrasound to find out if the injury he identified is in fact the cause of carpal tunnel syndrome. For more information on carpal tunnel, visit our Website at...[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]

