

“Gotta lotta of nerve...”

Peripheral Neuropathy

Symptoms

Tingling

Stabbing

Numbness

I feel
like
I am
wearing
gloves

Muscle
pain

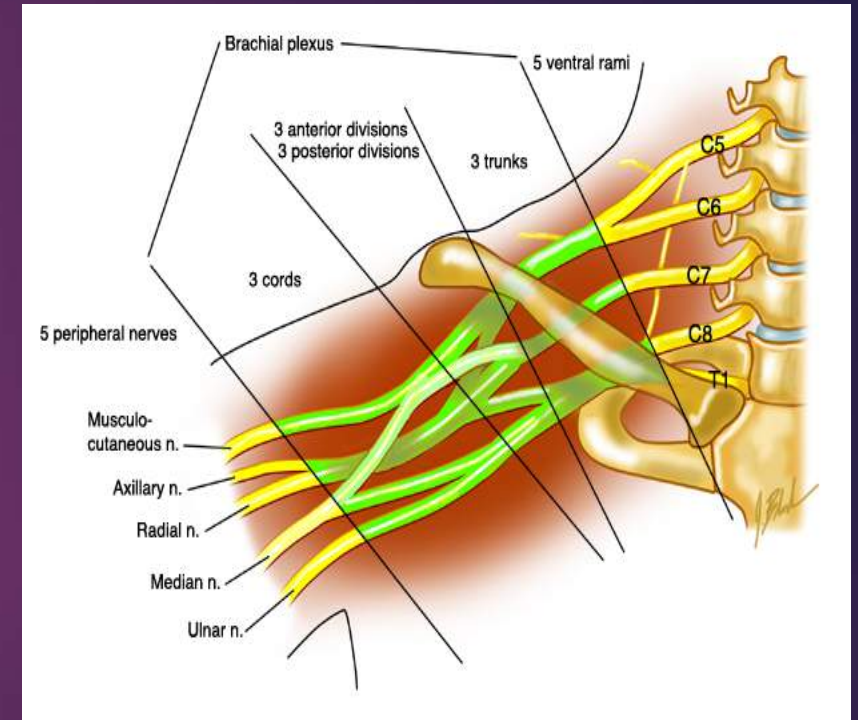
Weakness

Compressive Neuropathies of the Upper Extremity

PRESENTED BY ANNE MOSCONY, OTR/L, CHT

Healthy UE Nerves

- **BRACHIAL PLEXUS ORIGINATES FROM C5 TO T1**
- **CONSISTS OF MOTOR AND SENSORY FIBERS**
- **JOB: continuous communication**



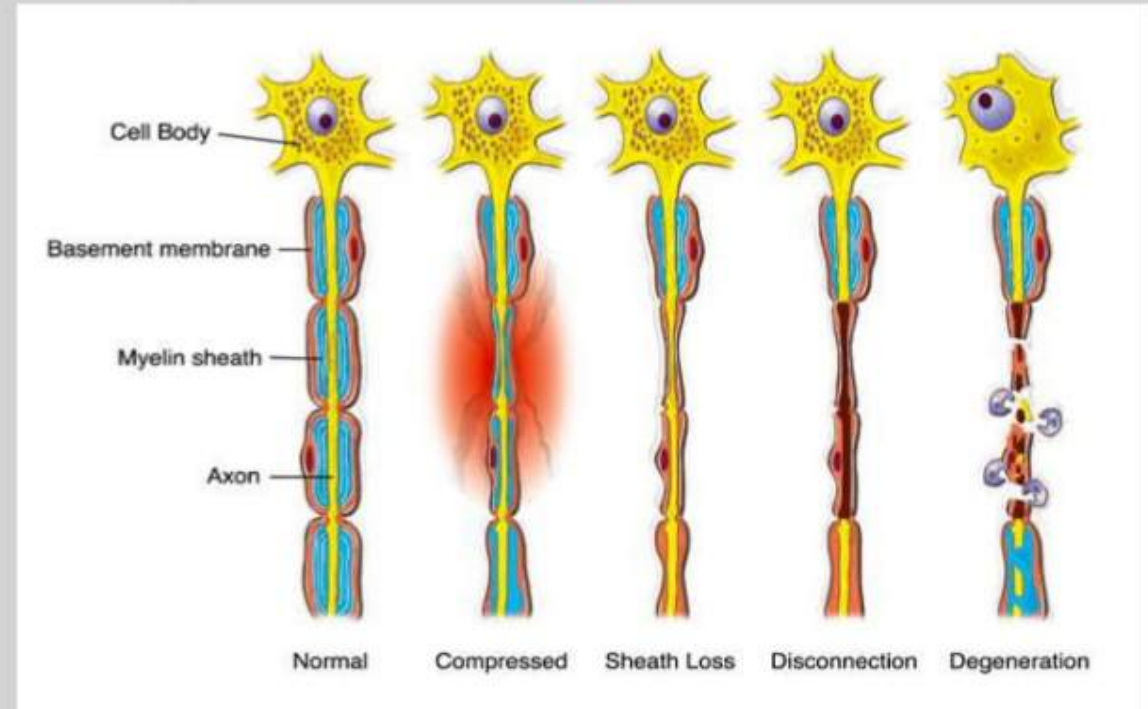
COMPRESSION NEUROPATHIES

Etiology

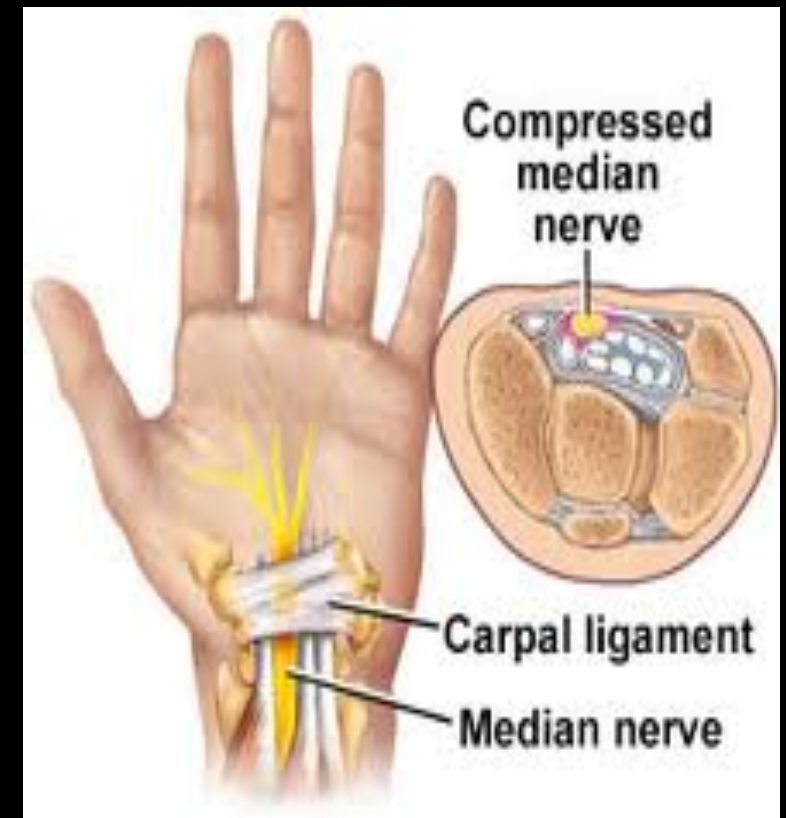
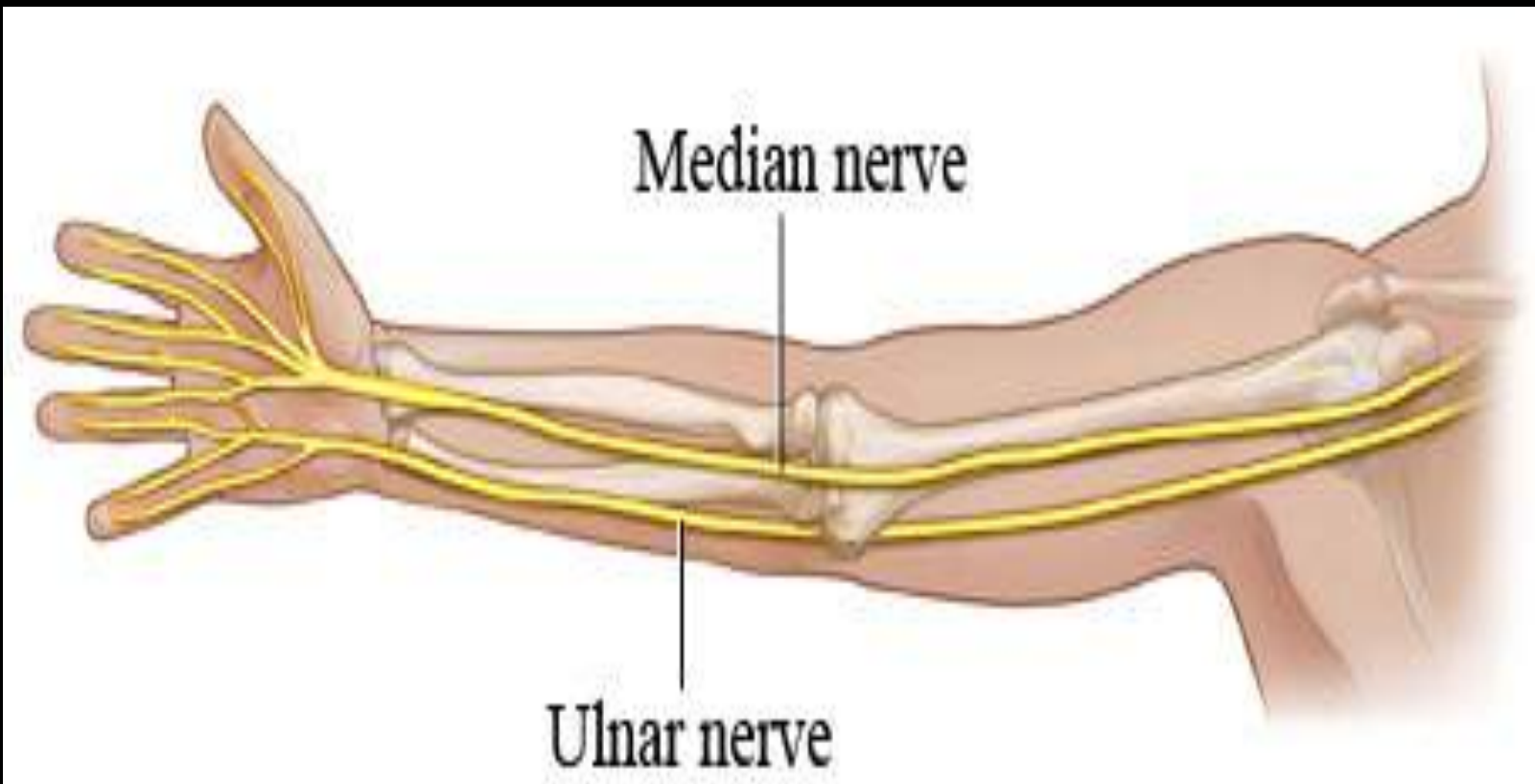
Presentation

Progression

Nerve Pathology



CARPAL TUNNEL SYNDROME



Carpal Tunnel Syndrome



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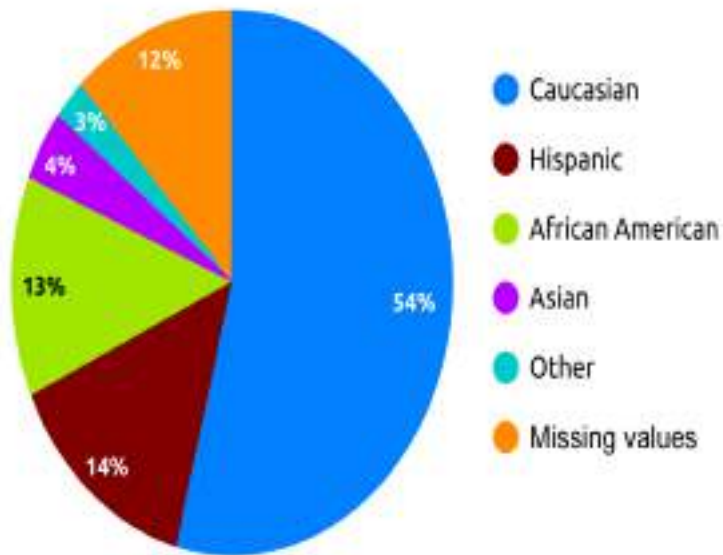
Anatomy
of median
nerve
compression
at the carpal
tunnel



Presentation: signs and symptoms

STATISTICS

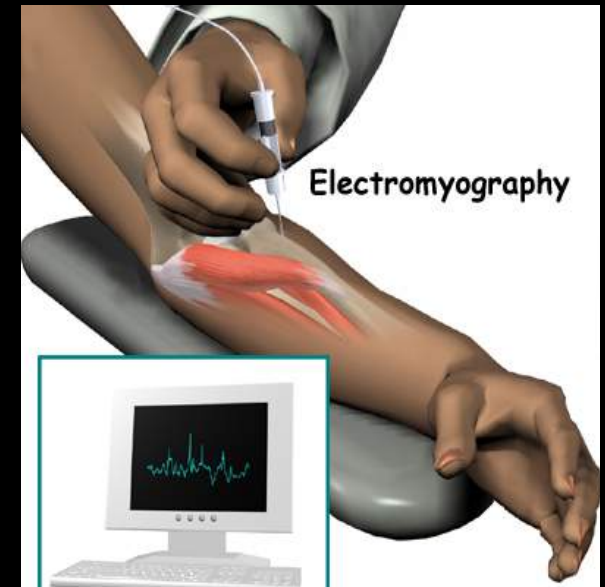
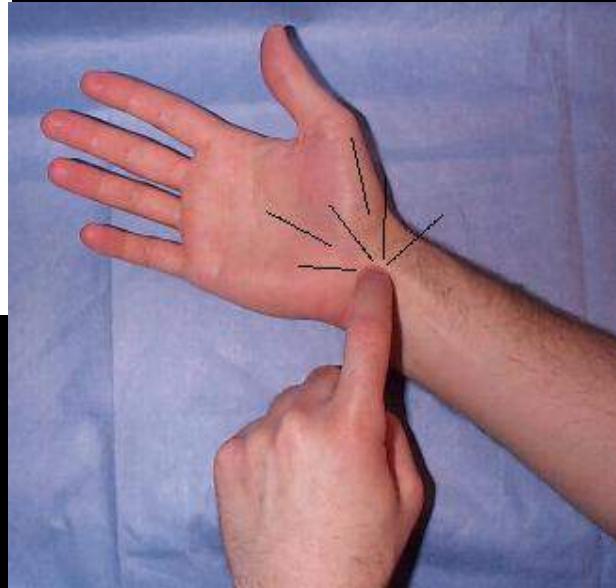
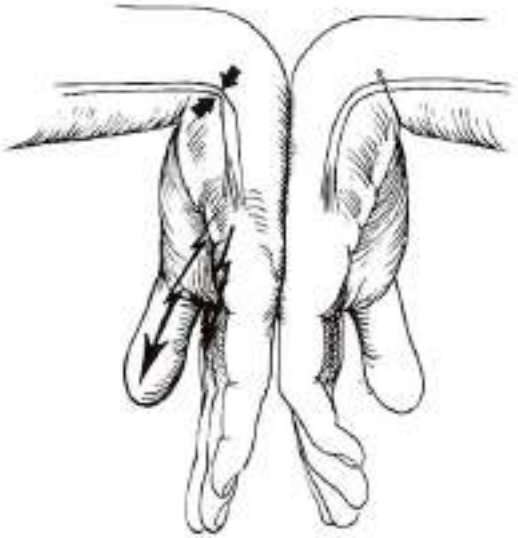
Carpal tunnel syndrome prevalence by ethnicity



- **Age**
- **Gender**
- **Occupation**
- **Associated comorbidities/conditions**

Diagnosis

Phalen's test





Evidence-based interventions

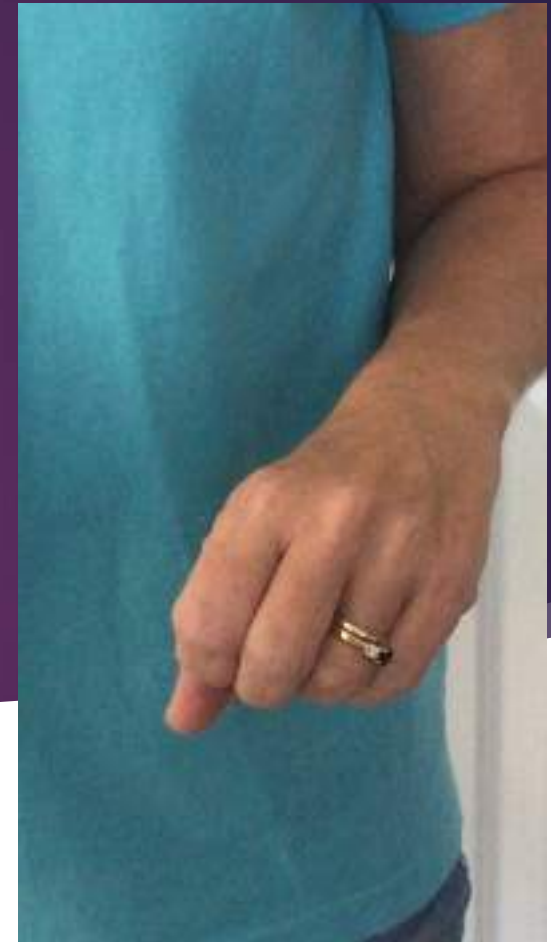


Evidence-based interventions: nerve gliding

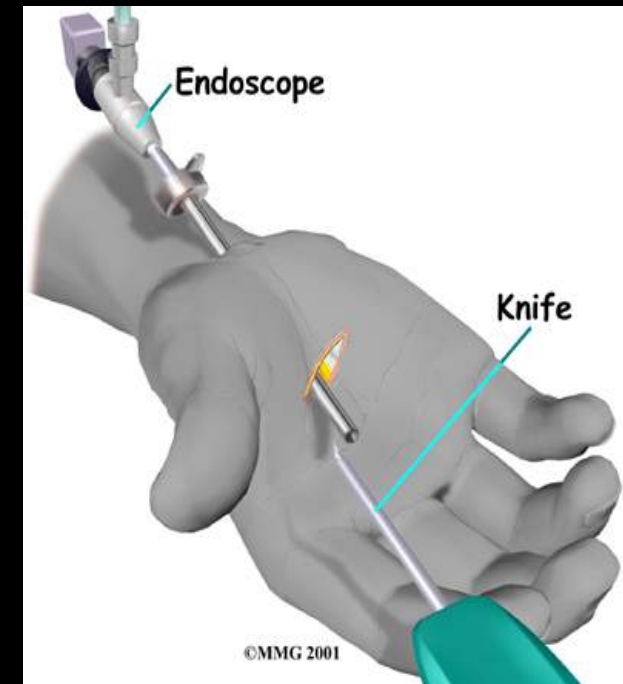
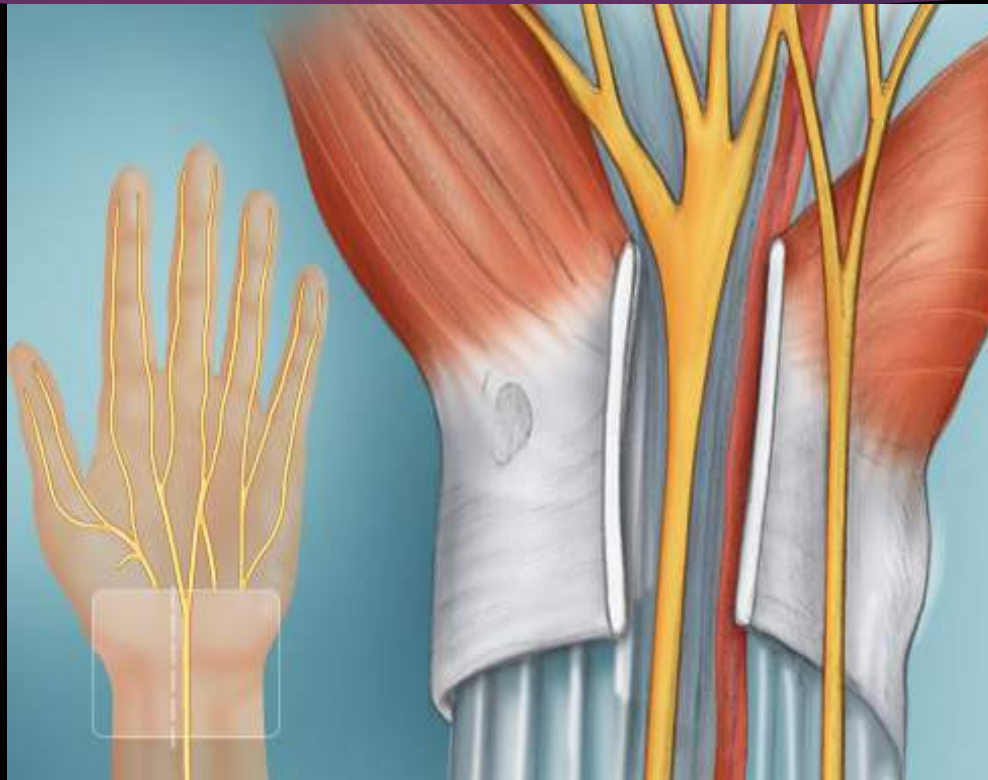
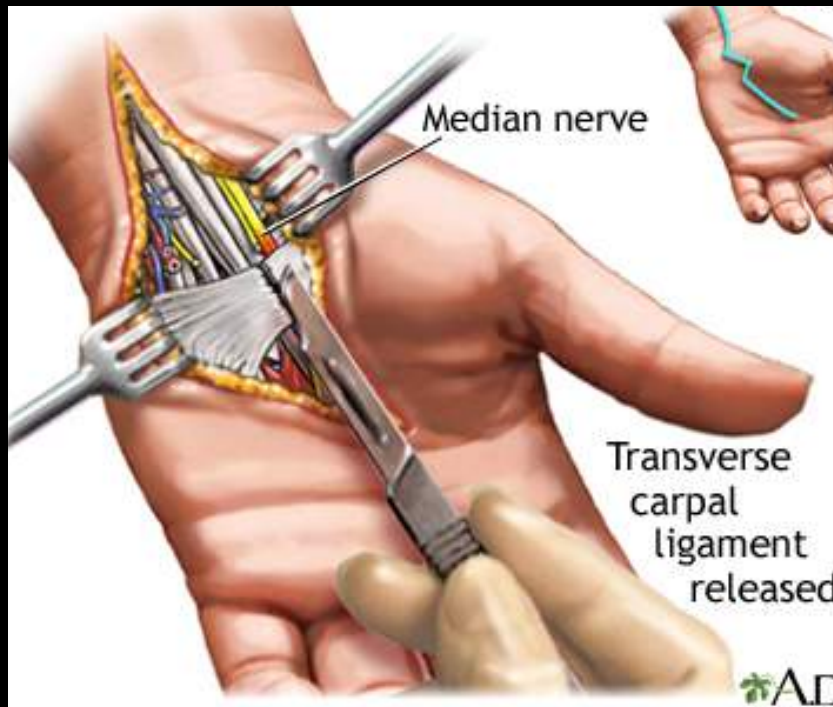
Technique:
slider verses tensioner

Nerve gliding should NEVER increase pain, especially burning pain.

DO NOT pull on the base of the thumb with MNG



Surgical considerations



Therapy?

Take-home points

- 1.Conservative management:** night bracing, tendon and nerve gliding, ergonomic considerations and education
- 2.Do NOT teach nerve tensioners** or nerve glides that pull on the CMC of the thumb
- 3.Patients who complain of numbness and present **with thenar wasting should see a surgeon ASAP**