

Soundbite Script – No Bones About It

BreAnne Gendron, advanced practice registered nurse, OSF HealthCare

“People who get carpal tunnel – sometimes it's just genetic. You were born with the trait or predisposition to developing it. Also, if you do a job that requires a lot of repetitive movements with your wrist, or something like where you're holding on to a machine with a lot of vibration that can cause irritation in the carpal tunnel and inflammation in there and lead to it.”

BreAnne Gendron, advanced practice registered nurse, OSF HealthCare

Over time, it will get worse. You'll notice more tingling and numbness, some pain, people will lose the muscle in the base of the thumb. They'll have some muscle atrophy over time and instead of just irritating that nerve, it will cause some nerve damage. And even if they do have treatments to resolve the carpal tunnel issue, those symptoms may never fully resolve.”

BreAnne Gendron, advanced practice registered nurse, OSF HealthCare

“Carpal tunnel can be treated as simply as wearing a wrist brace at night or coming to see me to get a steroid injection into your carpal tunnel. Your symptoms resolve and you do well for a while. The end-all be-all solution for carpal tunnel is surgery. But surgery isn't the only answer because we can sometimes manage it non-operatively.”

BreAnne Gendron, advanced practice registered nurse, OSF HealthCare

“If it's waking you up at night and it's affecting how well you're sleeping than you should visit your doctor. The easiest thing we tell people is to try a wrist splint just to keep your hands straight when you sleep. It's usually when you curl in at night that it causes that tingling to happen so that's the easiest first step for people. But if it's happening more and more, we want to seek treatment to prevent damage to your nerve.”