

MSK Occupational Therapy Hand Service



Dear Patient,

You have been referred to the Musculoskeletal (MSK) Occupational Therapy Hand Service.

Please read through the enclosed information which outlines the condition you have been diagnosed with and the treatment options available to you. At this stage we would advise self-management and therefore recommend you try the following advice for a 6 week period.

Often patients find this information is helpful and clinic attendance is no longer required.

DIAGNOSIS – CARPAL TUNNEL SYNDROME

Please find enclosed information on managing your condition following current guidelines from the British Society for Surgery to the Hand advising the use of activity modification and exercise. A **wrist splint** may also help your symptoms. We have enclosed information on how to purchase a **wrist splint*** - Please see Splint Information Link on Page 2.

We would recommend you also look at the NHS Inform and Arthritis UK websites where there is further information on Carpal Tunnel Syndrome.

It is really important to keep your fingers, thumb and wrist moving.

We have included the following hyperlinks in blue to click for information or QR links below for you to scan with your telephone Camera -

[The British Society for Surgery of the hand – Carpal Tunnel Syndrome](#)



[Arthritis UK – Carpal Tunnel Syndrome Leaflet](#)



[NHS inform – Carpal Tunnel Syndrome Advice](#)



[NHS inform – Exercises for Wrist, Hand and Finger Problems](#)



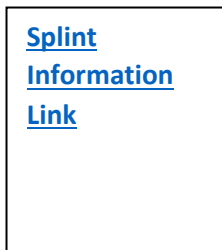
We recommend you follow the advice given over the next 6 weeks. If you are still having problems, please call the appointment centre on **0300 123 4022 (phone lines are open 08:30 – 17:00 Monday to Friday)** to arrange an appointment with an Occupational Therapist.

If we do not hear from you in 3 months, we will assume you are managing your condition and no longer require our service.

***Buying a Splint**

For advice and help on where to purchase splints, please scan the QR code below to view information and links to recommended splints.

Your recommended splint is a WRIST SPLINT for this condition.



Yours sincerely
MSK Occupational Therapy Hand Service

Please note you may be contacted by a member of our team to review your experience and enable us to improve our service in the future.