

CARPAL TUNNEL RELEASE

Options	Approach	Open	
		Endoscopic	
	Anaesthesia	Local	
		Regional	
	Addenda	General	
		Neurolysis	
		Synovectomy	
		Opponensplasty	
Anomalies	Motor branch		
	Cutaneous branch		
	Communicating branch		
	Arterial		
Open technique	Incision		
	Palmar cutaneous branch		
	Motor branch		
Addenda	Neurolysis		
	Synovectomy		
	Opponensplasty		
Neurolysis	Fixed sensory loss		
	Wasting		
	Failed surgery		
	No evidence of efficacy		
Opponensplasty	Palmaris longus	Camitz	
	FDS _{IV}	Bunnell	
	Abductor digiti minimi	Huber	
Anatomy	No true internervous plane in the palm		
Scar tenderness	19% of palms at least 10 months after surgery		
Complications	Complications in 22 of 186 Patients		
	Incomplete division of retinaculum	12	
	Damage to palmar cutaneous nerve	11	
	Reflex sympathetic dystrophy	4	
	Hypertrophic scar	2	
	Palmar haematoma	2	
	Flexor tendon bowstringing	2	
	Flexor tendon adhesion	1	
	Total	34	(12%)
Sequelae	Scar hypersensitivity	1-3m	
	Palmar swelling	3-4m	
	Pillar pain	4-6m	
	Reduced grip strength	6-12m	