

# The Arthroscopy Portal



## Carpal Tunnel Syndrome

Chances are, you or someone you know has experienced pain and numbness in the hand and fingers at various times. This aggravating condition has been the source of pain, disability, sleep deprivation and/or loss of work/function.

Carpal tunnel syndrome, or median neuropathy, involves direct pressure applied to the median nerve and flexor tendons at the wrist by the transverse carpal ligament. This results in pain, numbness, weakness, swelling and stiffness to the affected hand, and mostly involves the thumb, index finger, middle finger and thumb side of the ring finger. Severe chronic cases of nerve impingement can result in intrinsic muscle atrophy, or loss of muscle size, strength and func-



tion.

Typically, this condition occurs as a result of repetitive activity both at work or home. Avoidance of repetitive activity can improve symptoms dramatically. Other conservative options include wrist splints for night use, oral anti-

inflammatories, Vitamin B6, cortisone injections and work restrictions. Nerve impingement can be quantified by assessment of electromyography or nerve conduction studies. Surgical options exist for persistent cases which do not respond to con-

servative treatment.

Dr. Eby now offers surgical decompression by endoscopic release. This is done through a 1 cm incision over the palm side of the wrist in which the transverse carpal ligament is released through a scope and a microscopic blade.

This approach is performed in the outpatient surgery center with approximately 10 minutes of tourniquet time. Patients have a cosmetic suture closure with an absorbable suture that does not require removal. A 2 lb. lifting restriction is advised for 2 weeks, then the patient is released to full activity as tolerated.

Patients can be seen without a referral. You don't have to live with this disabling nuisance. Call today for an appointment!

## Tennis Elbow

If you perform repetitive tasks consistently, it is highly likely that you have also experienced this disabling condition as well.

Tennis elbow, or lateral epicondylitis, affects up to 3% of the population, mostly between the ages of 30 and 50. Repetitive

grasping and lifting are common causes.

Typical conservative treatment includes oral anti-inflammatories, elbow straps, cortisone injections and surgical release. Dr. Eby offers minimally invasive release guided by ultrasound. This provides less

pain, quicker recovery/return to function and fewer restrictions compared to open or arthroscopic approaches. Patients can anticipate return to full function without restriction by 6 weeks.

Don't get left out of the game! We can help!



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### Inside this issue:

<i>Carpal Tunnel</i>	1
<i>Tennis Elbow</i>	1
<i>Noteworthy</i>	2
<i>Merry Christmas!</i>	2

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## OUR MISSION STATEMENT:

At the office of Daniel C Eby, D.O. PC, we are committed to providing the highest quality of comprehensive orthopedic care to our patients. We strive to develop a positive work environment that provides excellent patient outcomes and employee professional growth. We thrive on doing our best at all times, all while giving total credit to our Lord Jesus Christ.

**Visit us @ [www.ebyortho.com](http://www.ebyortho.com)**

*We strongly encourage you to submit your feedback! Email us your concerns/support!*

### Noteworthy:

- Dr. Eby has recently given talks at the Indiana Academy of Orthopedic Surgeons as well as a dinner talk in Washington, Indiana, in October. He envisions giving more talks about exciting orthopedic advances in the near future!
- Did you know that 1 in 2 women and 1 in 4 men will develop osteoporosis in their lifetime? The World Health Organization advises that anyone over 50 who falls from a standing height resulting in fracture is defined as having osteoporosis. We strongly encourage anyone who meets this criteria to call for an appointment with Chris Dilger, PA-C, in our Healthy Bone Clinic for evaluation and treatment considerations for bone health.
- We would like to thank our area referring physicians for their continued support!
- Know anyone who may benefit from expert orthopedic care? Dr. Eby and his staff gladly see any patient without a referral.



Dr. Eby and his staff want to wish you Merry Christmas and safe travels during this holiday season!