

Tunnel Syndromes

(Carpal, Cubital (Ulnar), Peroneal Tunnel Syndrome)

In some well-defined localizations (e.g. wrist, elbow, knee, etc.) the peripheral nerves can be compressed by the surrounding tissues. This can causes serious numbness and pain especially in the arm or leg increasing at night. An electric-test can easily diagnose the problem. Solution generally involves neurosurgical operation to decompress the nerve. This operation can be performed under local anesthesia and almost every patient reports satisfying improvement. Since many diseases have significant influence on outcome, consultancy with a specialist before deciding surgery is highly recommended.