



From Practice - For Practice

**Carpal Tunnel
(or Medianus Compression) Syndrome**

by Dr. Konrad Werthmann



Carpal tunnel syndrome is also known as „genuine atrophy of the thenar eminence“. As a result of mechanical compression of the N. medianus in the carpal tunnel, the musculature of the thenar eminence atrophies and sensation in the palm of the hand and fingers 1-3, plus the radial side of the fourth finger, is affected.

This complaint occurs particularly in women between the ages of 40 and 50, and is also seen frequently as part of systemic amyloidosis, when fibrillary proteins form deposits in the connective tissue and perivascularly around the ligaments and tendons in the carpal tunnel area, giving rise to the syndrome in question.

Diagnosis:

Electroneurography, electromyography

Treatment:

In orthodox medicine, the tendon sheath is transected and the deposits removed.

Isotherapy

Treatment by injection:

One ampoule of MUCOKEHL 5X or 7X twice weekly, using a size 12 needle, injected through the tendon into the tissue beneath.

Additionally, or if injections are refused:

Systemic treatment:

1) SANUVIS drops, 20 drops 3 times a day, and CITROKEHL drops, 10 drops twice a day, to be taken in warm water throughout the duration of the whole treatment; VITAMIN B complex SANUM N, 1 ampoule i.m. 2-3 times a week.

At the same time, commence

2) FORTAKEHL 5X tabs., 1 twice a day for 10 days, then switch to

3) MUCOKEHL 5X drops, 5-10 drops in the morning and again in the middle of the day, and SANKOMBI 5X drops, 10 drops once during the evening; please always keep to the pattern of 5-2-5-2 (Mon.- Fri. = 5 days: MUCOKEHL / MUCOKEHL / SANKOMBI, and Sat./ Sun. = 2 days, FORTAKEHL).

Additionally, MUCOKEHL 3X ointment may be rubbed into the affected area twice a day.

4) At the same time as 3) above, begin taking UTILIN 6X caps., 1 once a fortnight, later increase to 1 capsule a week.

The duration of the treatment must be matched to the progress of the complaint in each individual case.

First published in the German language
in the SANUM-Post magazine (80/
2007)

© Copyright 2007 by Semmelweis-
Institut GmbH, 27318 Hoya (Weser),
Germany

All Rights Reserved