

# Hand & Wrist Pain Assessment

## Carpal Tunnel Syndrome

Carpal Tunnel Syndrome occurs when there is compression of the median nerve which runs through the carpal tunnel. This is a small tunnel made of bones and ligaments at the base of the hand. Typically one has numbness and tingling in the thumb, index finger, middle finger, and part of the ring finger.

*Check each box that describes the symptoms you experience on a regular basis:*

Do you have numbness and tingling in your thumb, index, or middle finger?

Do you typically have pain/numbness in your hand or your wrist at night?

Do you typically have pain/numbness in your hand or wrist when waking in the morning?

Do you typically have pain/numbness in your hand or wrist during the daytime?

## Trigger Finger

Trigger Finger is one of the most common causes of hand pain and disability. It is a condition that causes pain, stiffness, and a sensation of locking or catching when a finger is flexed and extended. It most commonly affects the ring finger and the thumb but can also occur in other fingers.

*Check each box that describes the symptoms you experience on a regular basis:*

When you make a fist with your hand does one or more than one of your fingers get stuck, lock, or catch in that position while the others can be extended on their own?

Do you have tenderness in the palm of your hand when your fingers bend?

Do you have pain and discomfort in your hand while making a clenched fist?

Do you have pain in your fingers when they are moved or being used?

## Your Results

If you marked 2 of the 4 boxes in either set of questions, you show symptoms of common, treatable hand and wrist issues like Carpal Tunnel Syndrome or Trigger Finger. For a full evaluation, contact Singing River Orthopedics.

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