

# CARPAL TUNNEL RELEASE WITH ULTRASOUND GUIDANCE

## RECOVERY IN DAYS, NOT MONTHS.

### Traditional Treatment

Mild symptoms of CTS can be treated with directed home care, which may include specific exercises, avoiding activities that cause symptoms, or wearing a wrist splint.

To relieve pain and reduce inflammation, medications may also be prescribed. In some cases, your physician may recommend corticosteroid injections.

Unfortunately, in many cases non-surgical treatments only provide temporary results, with symptoms eventually returning.

### Traditional Carpal Tunnel Release Surgery

More severe cases of CTS may be treated surgically through a procedure called carpal tunnel release (CTR). This relieves pressure on the median nerve by transecting the transverse carpal ligament (TCL) which forms the roof of the "carpal tunnel." Transecting the TCL creates more space for the nerve and tendons.

CTR may be completed endoscopically, with one to two small incisions, or through traditional open surgery using a single larger incision in the palm.

The recovery time for endoscopic surgery may span several weeks and traditional CTR surgery several months, during which time patients usually experience pain, restricted movement abilities, and are often unable to work or engage in normal activities.

### The Advantages of Carpal Tunnel Release with Ultrasound Guidance

Fortunately, now there's a proven way to get rapid relief from carpal tunnel pain and return quickly to normal activities.

Thanks to a low profile, safe, and effective instrument called UltraGuideCTR™—and real-time ultrasound guidance—your doctor can perform CTR in a matter of minutes, using only a small wrist incision. After the procedure, you'll be able to resume activities as tolerated. And most patients can return to work and the activities they love within 3-6 days<sup>1,2</sup>.

Significant benefits include<sup>1,2</sup>:

- Performed in a procedure room or office setting
- Typically performed using local anesthesia
- Small wrist incision usually closed without sutures
- Reduce or eliminate need for opioids
- Postoperative therapy typically not required—saving time and money
- Immediate motion in the hand for rapid recovery
- Return to normal activity in days not months

FOR MORE INFORMATION, VISIT  
**SONEXHEALTH.COM**  
OR CALL 888-518-8780.

## WHAT TO EXPECT

Most patients are pleasantly surprised at how simple carpal tunnel release is with UltraGuideCTR and real-time ultrasound guidance.

As an outpatient procedure, you will have minimal preparation requirements and your visit to the clinic should be less than 2 hours. Your physician will provide you with post-procedure care information, and then you're on your way. Yes, it's really that easy!

**REFERENCES:** 1. Fowler JR, Chung KC, Miller LE. Multicenter pragmatic study of carpal tunnel release with ultrasound guidance. *Expert Rev Med Devices*. 2022 Mar 10. doi:10.1080/17434440.2022.2048816. Online ahead of print. PMID: 35236202 2. Rojo-Manaute JM, et al. Ultra-minimally invasive sonographically guided carpal tunnel release: a randomized clinical trial. *J Ultrasound Med*. 2016;37:e37-45.

Refer to the device instructions for use for detailed information regarding the procedure, indications, contraindications, warnings, precautions, and potential complications/adverse events. There are potential risks associated with UltraGuideCTR™. It may not be appropriate for all patients and not all patients may benefit. Talk to your doctor about the benefits and risks and whether carpal tunnel release with UltraGuideCTR is right for you. For more information about the risks, visit: SonexHealth.com

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