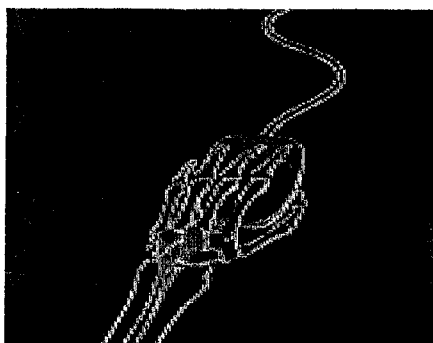


Musculoskeletal Block

Case-1



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A 33-year-old lady secretary presented with complaints of pain, pins and needles sensation in her left hand and a dull pain radiating from wrist to elbow for the last four weeks. Symptoms increased at night and when she gets up from the bed.

The symptoms improved by shaking the arm and sometimes she slept with her arm hanging out of the bed.

She is not diabetic and no history of other chronic or endocrine diseases.

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Clinical examination showed:

Normal vital signs (temperature, pulse rate, blood pressure(BP) and respiratory rate).

There is minimal atrophy of thenar muscle of the left hand, and hypoesthesia & parathesia along median nerve distribution. *Handy c in scap*
decrease

Adson's test was negative. Tinel's sign, Phalen's sign, and Reverse Phalen's sign were all positive.

Color and temperature of hand were normal.

Lab work and investigations showed:

Fasting blood sugar, ESR, and CRP were all normal.

MRI of the left wrist and cervical spine were normal.

Nerve conduction study (NCV) of left median nerve crossing the wrist, shows delayed conductivity with low amplitude compound muscle action potentials(CMAP) of and temporal dispersion.

Electromyography (EMG) of the left ~~thenar~~ ^{finger} muscle shows, denervation potentials (fibrillations and positive sharp waves), high amplitude and long duration of motor unit action potential (MUAP).

The case was diagnosed as left carpal tunnel syndrome (CTS) of moderate severity.

Management:

The patient was put on conservative treatment in the form of night wrist splint and some analgesics.
Local injection of steroids was given and asked to repeat after three months, if needed.
Surgical treatment will be considered if no improvement, after the delivery.

Second Session (Part 2)

The second session will be the feedback on all the learning objectives decided by the group. In this activity possibly most of the queries will be answered. Many other issue may be raised which should be assigned for discussion in the first session of the second case next week. The tutor should take care of assessment of the group according to the “student assessment form” provided.