

Mayo Clinic Minute: Ultrasound therapy for pain following carpal tunnel surgery

Video	Audio
	It's not uncommon for patients to experience soreness and hypersensitivity after having carpal tunnel surgery. It's called pillar pain.
Janelle Van Otterloo, P.T., D.P.T. Physical Medicine and Rehabilitation Mayo Clinic	"What that is is you have pain kind of deep under the incision and sometimes on the sides."
	Dr. Janelle Van Otterloo, a Mayo Clinic physical therapist, says nerves are some of the slowest healers in the body. And after carpal tunnel surgery to release pressure off of a nerve ...
	"... that nerve can also become kind of irritated, and can cause some hypersensitivity, some redness, some inflammation."
	While the postoperative pain does not affect the outcome of the surgery, it can last up to nine months. However, there is an option to help speed up the recovery process through ultrasound therapy.
	"There's a little crystal inside our transducer head that pulsates over 20,000 pulses per second.
	That high frequency can help to break up scar tissue that has formed after your carpal tunnel surgery. The other thing it can help to increase circulation by heating."
	Most patients notice benefits after three to four sessions.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.