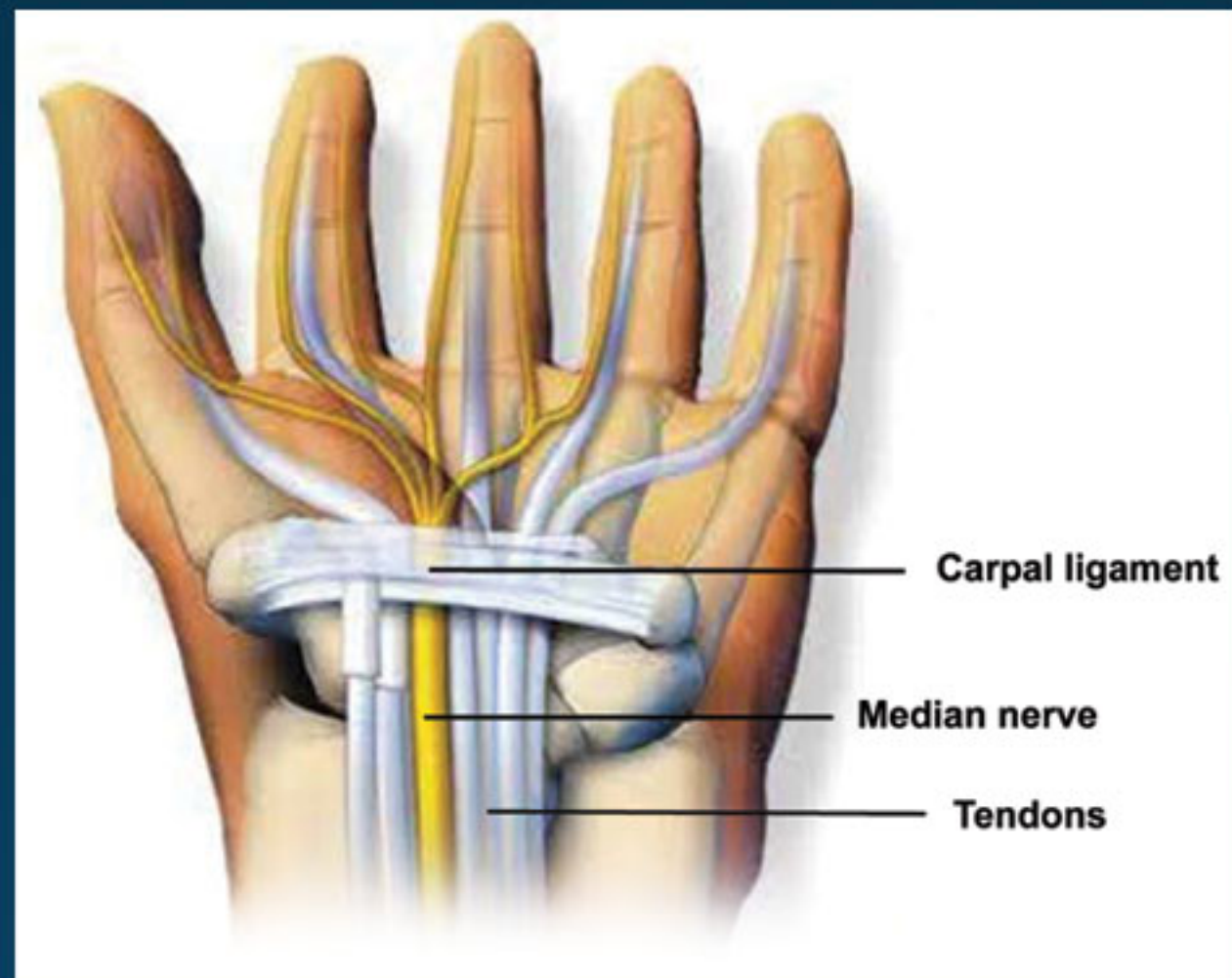




# The Hand and Wrist Institute: SECTR

*Dr. John T. Knight, Director*

Carpal tunnel syndrome (CTS) is a painful irritation of the median nerve in the hand and wrist. CTS develops overtime because of repetitive hand motions. The condition can cause pain, numbness or tingling in the hand and fingers.



The carpal tunnel is a space between the carpal ligament and the bones at the base of the hand. The tendons that flex the thumb, index and ring finger pass through this space. So does the median nerve, which supplies feeling to the thumb, index and ring finger.

Carpal tunnel syndrome can be treated with rest, steroid injections or surgery. For those requiring surgery, Stichless Endoscopic Carpal Tunnel Release (SECTR) is performed to relieve pressure on the median nerve, alleviating numbness and tingling in the fingers. The endoscopic carpal tunnel technique is performed on an outpatient basis in D.I.S.C.'s state-of-the-art surgical center. The endoscopic approach creates less pain and scarring than traditional open surgery, allowing for a quicker recovery.

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More information available at:  
[thehandandwristinstitute.com](http://thehandandwristinstitute.com)

## SECTR

- Minimal Scarring and pain with 1cm incision
- 50% faster recovery than traditional "open" procedure
- Typically NO restrictions after 48 hours
- 10 minute surgery
- Local anesthetic

Dr. Knight repairing CTS with SECTR surgery

**the Hand and Wrist Institute at D.I.S.C.**  
Marina del Rey | Beverly Hills



Before the procedure



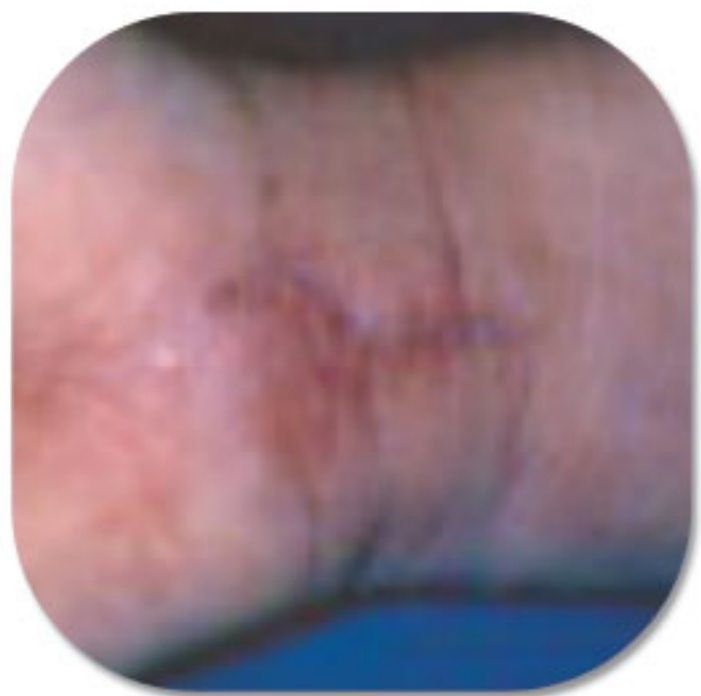
After the procedure

## SECTR Procedure

- 1. Preparation:** A small incision is created in the wrist.
- 2. Endoscope Inserted:** An endoscope, which the surgeon uses to see inside the wrist and hand, is inserted underneath the transverse carpal ligament. The endoscope has a light and a small video camera that sends images to a TV monitor in the operating room.
- 3. Ligament Cut:** Using the video images from the endoscope as a guide, the surgeon precisely cuts the constricting transverse carpal ligament, relieving pressure on the median nerve.

**Note:** Through a single, small incision, the ligament is released **without** having to cut through the skin and muscles of the palm resulting in less postoperative pain and less scarring. For more information and an informational SECTR video, please visit [thehandandwristinstitute.com](http://thehandandwristinstitute.com)

### SECTR



Open Procedure

| SECTR                               | OPEN PROCEDURE                             |
|-------------------------------------|--|
| Stitchless                          | 5-10 sutures                               |
| ¼ inch scar                         | 3 inch scar                                |
| Little to no scar sensitivity       | Tender scar for months, possible permanent |
| Small dressing                      | Splint for 3 weeks                         |
| May get dressing wet                | Must keep dry for 3 weeks                  |
| Usually no therapy                  | 4-8 weeks of therapy                       |
| Light activities immediately        | Light activities at 3 weeks                |
| Return to strenuous work at 1 month | Return to strenuous work at 3 months       |