



RECOVERY IN DAYS,
NOT MONTHS.

Micro-invasive treatment
of carpal tunnel syndrome.



THE PAIN OF CARPAL TUNNEL SYNDROME

You are not alone—carpal tunnel syndrome, or CTS, is a common condition that affects more than 12 million people, with an additional 2.6 million people diagnosed every year.

If you've experienced the pain, tingling, or weakness that can occur with CTS, you know how debilitating it can be, and how much it can affect your work and personal life. Those days are over!

About Carpal Tunnel Syndrome

Carpal tunnel syndrome occurs when a major nerve in the hand—the *median nerve*—is compressed as it travels through the *carpal tunnel* in the wrist. This occurs when the tendons in the carpal tunnel or their lining become thick from chronic irritation, trapping the nerve under the transverse carpal ligament (TCL).

CTS has many potential causes, including repetitive hand and finger motion, such as with typing, mousing, gripping, playing an instrument, and similar activities.

Common CTS symptoms include:

- Numbness, tingling, and burning in the thumb and fingers
- Hand and grip weakness or lack of coordination
- Shock-like sensations in the wrist or fingers
- Sleep disturbance—waking up with numb and tingling fingers

THE PROBLEMS WITH TRADITIONAL TREATMENTS

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 the SX-One MicroKnife®—and ultrasound guidance—your doctor can perform CTR in a matter of minutes, using only a small (4-5 mm) 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.

Significant benefits include^{1,2}:

- 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

WHAT TO EXPECT

Most patients are pleasantly surprised at how simple carpal tunnel release with ultrasound guidance is with the SX-One MicroKnife®.

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!

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QUICK RELIEF. RAPID RETURN. IT'S ABOUT TIME!

- Do you have moderate to severe carpal tunnel syndrome (CTS)?
- Have you been put off by the pain and recovery time of traditional surgery?

Now you can get rapid relief from carpal tunnel pain, recover quickly, and get back to the things you want—and need—to do. All thanks to carpal tunnel release with ultrasound guidance and the SX-One MicroKnife®.



Don't wait any longer to get out of pain and back to life.

Ask your doctor today about carpal tunnel release with ultrasound guidance and the SX-One MicroKnife®.



For more information, visit [SonexHealth.com](https://www.SonexHealth.com) or call 888-518-8780.

REFERENCES: 1. Henning PT, Yang L, Awan T, et al. Minimally invasive ultrasound-guided carpal tunnel release: preliminary clinical results. *J Ultrasound Med.* 2018 Nov;37(11):2699-2706. 2. Rojo-Manaute JM, Capa-Grasa A, Chana-Rodriguez F, et al. Ultra-minimally invasive sonographically guided carpal tunnel release: a randomized clinical trial. *J Ultrasound Med.* 2016 Jun;35(6):1149-1157

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