

Treatment Approaches

Carpal Tunnel Syndrome

Approach A (Carpal Tunnel Injection)

Product(s) & Dosage: 2.2 cc Traumeel® Injection Solution

Application: When performing a “real” carpal tunnel injection with Traumeel® IS , the needle is inserted 1 cm proximal to the distal wrist flexion crease, just ulnar to the palmaris longus tendon at a 30 degrees angle directly distally and slightly radially (if the palmaris longus is absent, the needle should be directed in line with the ring finger).

Duration: One session per week over 2 – 3 consecutive weeks

Approach B (Wrist Fold Injections)

Product(s) & Dosage: 2.2 cc Traumeel® Injection Solution for the first three weeks then switch to 2.2 cc Neuralgo-Rheum® Injection Solution for another three weeks.

Application: As a first treatment approach, numerous subcutaneous injections can be given in the wrist fold instead of a real carpal tunnel injection.

Using a 30G x 1/2” needle inject the following: Week 1-3: Weekly one injection of Traumeel® Injection Solution 2.2 cc injected s.c. in the wrist fold. Week 4-6: Neuralgo-Rheum® Injection Solution 2.2 cc (2 ampules) per week injected s.c. in the wrist fold.

Duration: One weekly injection over 6 weeks. First three weeks utilizing Traumeel® Injection Solution, then Neuralgo-Rheum® Injection Solution