

腕隧道症候群Carpal Tunnel Syndrome

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中文:

<https://zh.wikipedia.org/wiki/%E8%85%95%E9%9A%A7%E9%81%93%E7%97%87%E5%80%99%E7%BE%A4>

英文:

https://en.wikipedia.org/wiki/Wikipedia:WikiProject_Medicine/Translation_task_force/RTT/Simple_Carpal_tunnel_syndrome

{{Infobox disease

| Image = Carpal-Tunnel.svg
| Caption = Transverse section at the wrist. The [[正中神经]] is colored yellow. The carpal tunnel consists of the bones and [[手屈肌支持带]].
| Field = {{ts|en|Orthopedic surgery|Orthopedic surgery}}, [[整形]]
| DiseasesDB = 2156
| ICD10 = {{ICD10|G|56|0|g|50}}
| ICD9 = {{ICD9|354.0}}
| ICDO =
| OMIM = 115430
| MedlinePlus = 000433
| eMedicineSubj = orthoped
| eMedicineTopic = 455
| eMedicine_mult = {{eMedicine2|pmr|21}} {{eMedicine2|emerg|83}}
{{eMedicine2|radio|135}}
| MeshID = D002349
}}

<!-- 定義與症狀 -->

'''腕隧道症候群'''({{lang|en|Carpal tunnel syndrome}}, 縮寫為'''CTS''')係指 [[正中神經]] 在傳導至 [[腕]]的{{ts|en|carpal tunnel|腕隧道}}發生神經壓迫的症狀<ref name=Bur2014/>。主要症狀包含在大拇指、食指、中指及無名指靠中指側會發生[[疼痛]]、[[麻木]]及[[感覺倒錯|麻刺感]]等狀況<ref name=Bur2014>{{cite journal|last1=Burton|first1=C|last2=Chesterton|first2=LS|last3=Davenport|first3=G|title=Diagnosing and managing carpal tunnel syndrome in primary care.|journal=The British journal of general practice : the journal of the Royal College of General Practitioners|date=May 2014|volume=64|issue=622|pages=262-3|pmid=24771836}}</ref>。典型症狀通常是漸進式的, 而且發生於晚上<ref name=NIH2016/>, 疼痛感可能延伸至手臂<ref name=NIH2016/>患者抓握力量可能減弱且在長時間後{{ts|en|thenar eminence|拇指根部肌肉}}會萎縮[[魚際肌]]<ref name=NIH2016>{{cite web|title=Carpal Tunnel Syndrome Fact Sheet|url=http://www.ninds.nih.gov/disorders/carpal_tunnel/detail_carpal_tunnel.htm#227043049|website=National Institute of Neurological Disorders and Stroke|accessdate=4 March 2016|date=January 28, 2016}}</ref>。超過一半的病例是兩手都有症狀<ref name=Bur2014/>。

<!-- 病因及診斷 Cause and diagnosis -->

風險因子包含[[肥胖症|肥胖]]、腕部重複動作、[[妊娠]]，以及[[類風濕性關節炎]]<ref name=AAOS2016/><ref>{{cite journal|last1=Osterman|first1=M|last2=Ilyas|first2=AM|last3=Matzon|first3=JL|title=Carpal tunnel syndrome in pregnancy.|journal=The Orthopedic clinics of North America|date=October 2012|volume=43|issue=4|pages=515-20|pmid=23026467}}</ref>。有證據顯示[[甲狀腺機能低下症|甲狀腺機能低下]]也會增加風險<ref>{{cite journal|last1=Shirji|first1=R|title=Hypothyroidism and carpal tunnel syndrome: a meta-analysis.|journal=Muscle & nerve|date=December 2014|volume=50|issue=6|pages=879-83|pmid=25204641}}</ref>。[[糖尿病]]是否與此病有關目前尚不明朗<!-- <ref name=AAOS2016/> -->。[[复合口服避孕药|口服避孕藥]]目前顯示與此無關<!-- <ref name=AAOS2016/> -->。高風險職業包含電腦作業、操作震動機械，以及需要用力抓握之工作<ref name=AAOS2016/>。根據病徵、症狀和特定的理學檢查而懷疑有此診斷，也許可藉{{ts|en|electrodiagnostic test|電學檢查}}來確診<ref name=NIH2016/>。若有拇指根部肌肉萎縮則有此症的可能性較高<ref name=AAOS2016/>。

<!-- 預防與治療 Prevention and treatment -->

進行[[體能鍛煉|體能訓練]]可以降低腕隧道症候群的發生風險<!-- <ref name=AAOS2016/> -->。症狀可以透過穿戴[[夾板|腕帶]]或是施打[[皮質類固醇]]獲得改善<!-- <ref name=AAOS2016/> -->。使用[[非甾体抗炎药|非類固醇消炎藥 (NSAIDs)]]或[[加巴喷丁]]並沒有效果<!-- <ref name=AAOS2016/> -->。切斷[[手屈肌支持帶]]的外科手術效果，比一年的非手術治療效果來得更好<!-- <ref name=AAOS2016/> -->。手術後不需要再使用腕帶<!-- <ref name=AAOS2016/> -->。沒有任何證據支持[[磁療]]有用<ref name=AAOS2016/>{{cite journal|author1=American Academy of Orthopaedic Surgeons|title=Management of Carpal Tunnel Syndrome Evidence-Based Clinical Practice Guideline.|date=February 29, 2016|url=www.aaos.org/ctsguideline}}</ref>。

<!-- 流行病學與預後 Epidemiology and prognosis -->

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在美國大約有5%的人患有腕隧道症候群<ref>{{cite journal|last1=Bickel|first1=KD|title=Carpal tunnel syndrome.|journal=The Journal of hand surgery|date=January 2010|volume=35|issue=1|pages=147-52|pmid=20117319}}</ref>。通常是在成人其發生，而女性比男性更容易罹患<ref name=NIH2016/>。超過33%的患者可以在沒有特別治療的情況下於約一年的時間後改善病況<ref name=Bur2014/>。腕隧道症候群的敘述初見於[[第二次世界大战]]<ref name=Amadio_2007>{{cite book |first=Peter C. |last=Amadio |editor1-first=Riccardo |editor1-last=Luchetti|editor2-first=Peter C. |editor2-last=Amadio |chapter=History of carpal tunnel syndrome |pages=3–9 |chapterurl=<http://books.google.com/books?id=LMA3dh605bgC&pg=PA3> |title=Carpal

Tunnel Syndrome |publisher=Springer |location=Berlin |year=2007
|isbn=978-3-540-22387-0}}</ref>。