



Regain the
use of your
hands

A close-up photograph of a person's hand wearing a white golf glove with a yellow circular logo, gripping the black handle of a golf club. The background is a soft-focus outdoor scene.

Return to Sports

A close-up photograph of a hand firmly gripping a dark grey steering wheel. The background shows a blurred car interior.

Return to Driving

A photograph showing a person's foot being examined by a healthcare professional. The professional is wearing a white coat and a patterned sleeve. The background is a clinical setting.

Regain your Sleep

A close-up photograph of a hand using a chisel to carve a piece of wood. The wood is light-colored and the chisel is dark. The background is a workshop setting.

Return to Work



Return to your
Normal Life

Introduction

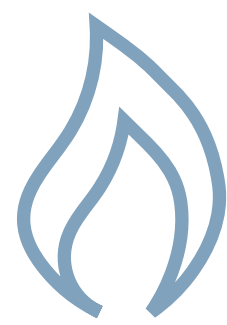
Carpal tunnel syndrome is very common above fifty years of age, but can affect some patients in their twenties. It manifests itself when the median nerve that runs through the wrist is compressed in its channel, the carpal tunnel.

Compression of the median nerve causes tingling and numbness of the hand, intense pain at times, and in the absence of rapid treatment, sometimes even an irreversible loss of the sense of touch (tact) and atrophy of the thumb muscles. Repetitive manual tasks are a cause frequently associated with CTS. Some chronic illnesses (diabetes, hypothyroidism), hormone imbalance and age are also predisposing factors.



Symptoms

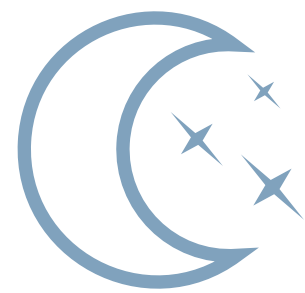
The main symptoms of carpal tunnel syndrome are, in order of appearance :



Heat or a burning sensation in the hand, the fingers, or the forearm.



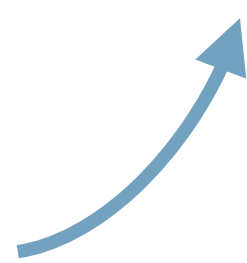
Numbness and tingling in the hand, especially around the thumb and index finger.



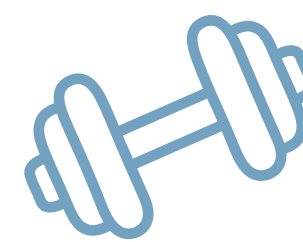
Worsening of symptoms at night. Waking up at night. Need to shake the hand.



Feeling of swelling of the fingers and hand, especially in the morning.



Worsening of symptoms with manual activity.



Clumsiness, weakness and loss of dexterity.



Loss of touch.

A Few Facts



Women are affected about four times as often as men.



Carpal tunnel syndrome can cause work stoppage, loss of income and the appearance of symptoms of anxiety and depression.



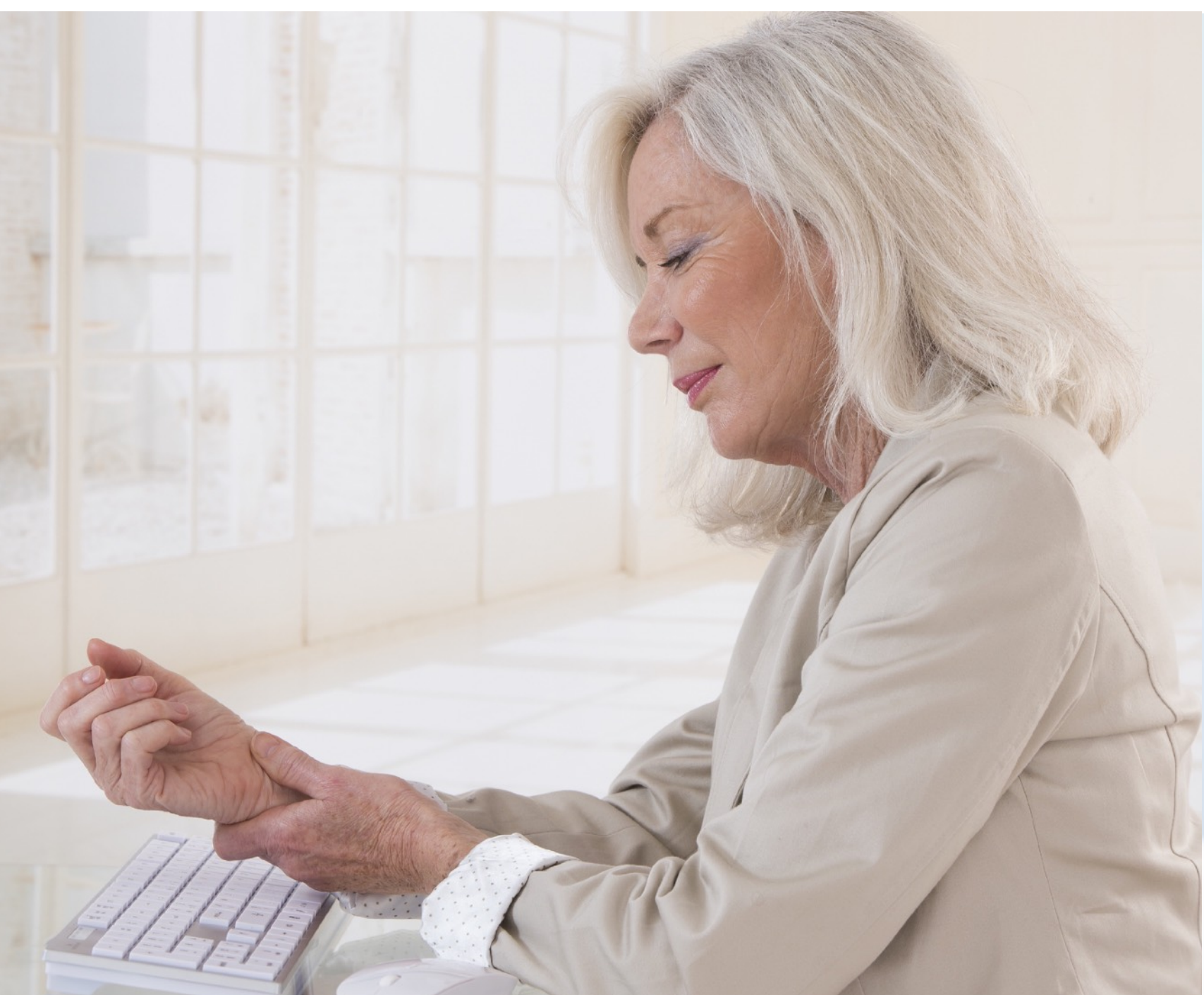
Carpal tunnel syndrome can lead to significant sleep deficiency, and can impair alertness and cause accidents, both at home and in the workplace.



If it isn't treated promptly, carpal tunnel syndrome can cause permanent and irreversible sequelae (loss of tact and manual dexterity).



Delaying treatment can result in permanent damage and long-term disability.



Is surgical treatment always necessary?

Certain measures, such as modifying activities that trigger the symptoms, wearing a resting orthosis, stretching exercises and cortisone shots, can be effective in quickly relieving the symptoms of carpal tunnel syndrome in the early stages of the disease.

Note

Cortisone injections should not be repeated too often, as they can mask the symptoms and allow irreversible sequelae to set in. In the case of failure of conservative treatment, surgery should be considered.

Lacertus syndrome and double compression of the median nerve.

A significant proportion of people with carpal tunnel syndrome also have Lacertus syndrome.

Lacertus syndrome is caused by compression of the median nerve at the elbow. Its symptoms are similar to those of CTS and typically manifest as numbness, loss of strength, decreased manual dexterity and pain in the forearm. The two conditions are frequently associated (called double compression), but they can exist on their own.

Diagnostic errors

Because the symptoms of Lacertus syndrome are often confused with those of CTS, its diagnosis is often missed or made late. Unfortunately, many doctors fail to look for a secondary cause or have inadequate training in detecting the disease. These diagnostic errors are a very common cause of carpal tunnel surgery failure.

Our patients

All patients with hand numbness in the area corresponding to the median nerve (middle, index, thumb) should be examined not only for carpal tunnel syndrome, but also for compression of this nerve in the elbow, under the lacertus fibrosus.





Who is
Dr. Jean-Paul
Brutus?

Dr. Brutus



Is a surgeon whose practice is exclusively dedicated to hands and fingers.



He is recognized as an expert and a pioneer in Canada in the treatment of carpal tunnel syndrome.



Through his clinical practice and research, Dr. Brutus has contributed to the advent of endoscopic hand surgery in Canada.



He has performed more endoscopic carpal tunnel releases than any other surgeon in Canada, and is still the only one in the country to use this method to treat trigger finger.

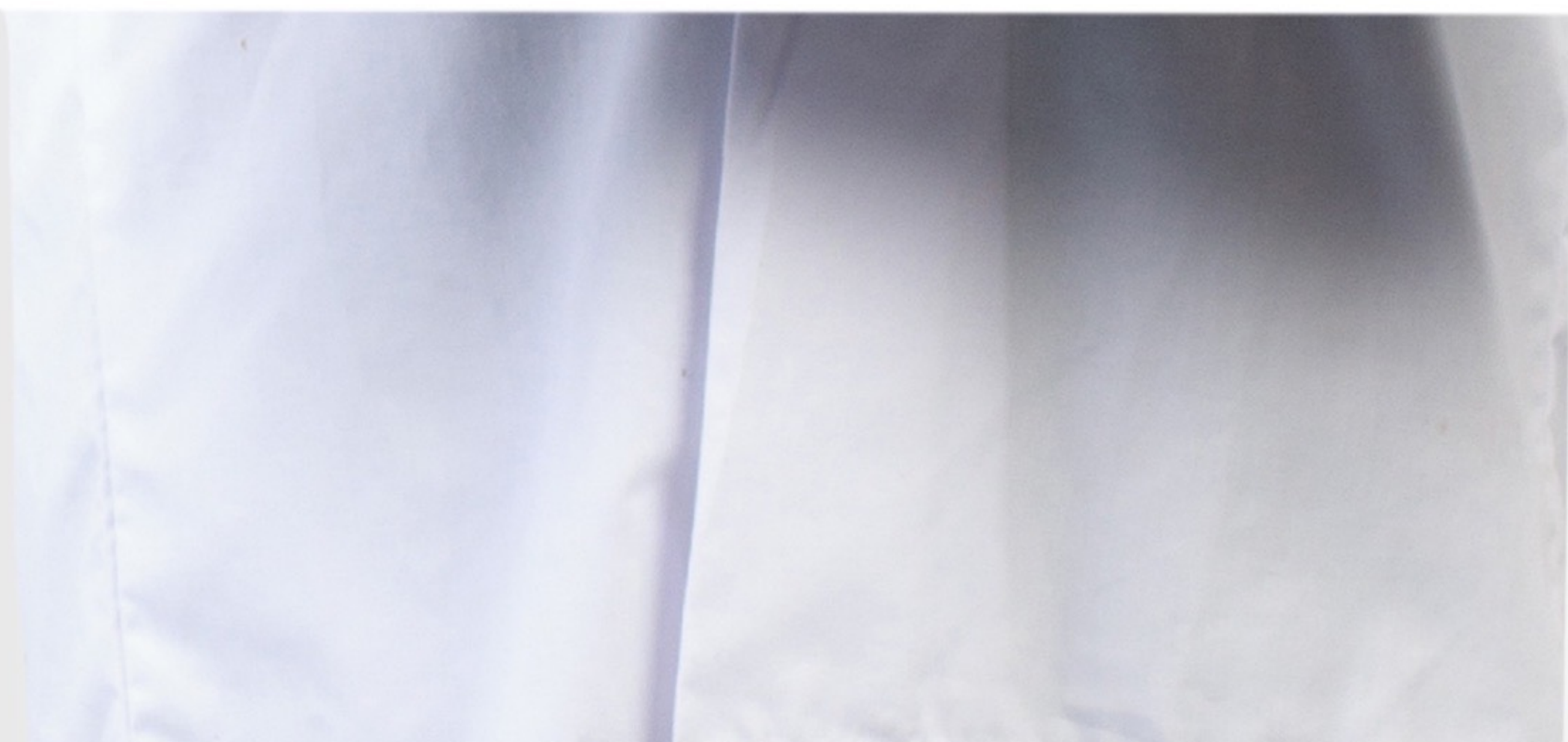


He has over 20 years of experience and has completed more than 10,000 interventions.





How does the
intervention
work?



Ultramodern technique

Endoscopic decompression using the Smart Release® system is the most effective and rapid method for treating carpal tunnel syndrome. This ultra-modern and minimally invasive technique is accomplished in a few minutes under local anesthesia and without stitches.

Minimal pain

The Smart Release® is inserted into the wrist with a 1 cm mini-incision. The miniature camera can guide the endoscope and section the ligament responsible for nerve compression without damaging the skin and muscles of the hand. The pain is minimal and the symptom relief is immediate.



This is the most improved and advanced method to treat carpal tunnel syndrome in a definitive way.



Local anesthetic



Fast intervention -
About ten minutes



Mini-incision



Minimal pain



No stitches



Immediate relief of the symptoms of
pain (tingling and burning sensations)



Use of the hand in 24 to 48 hours



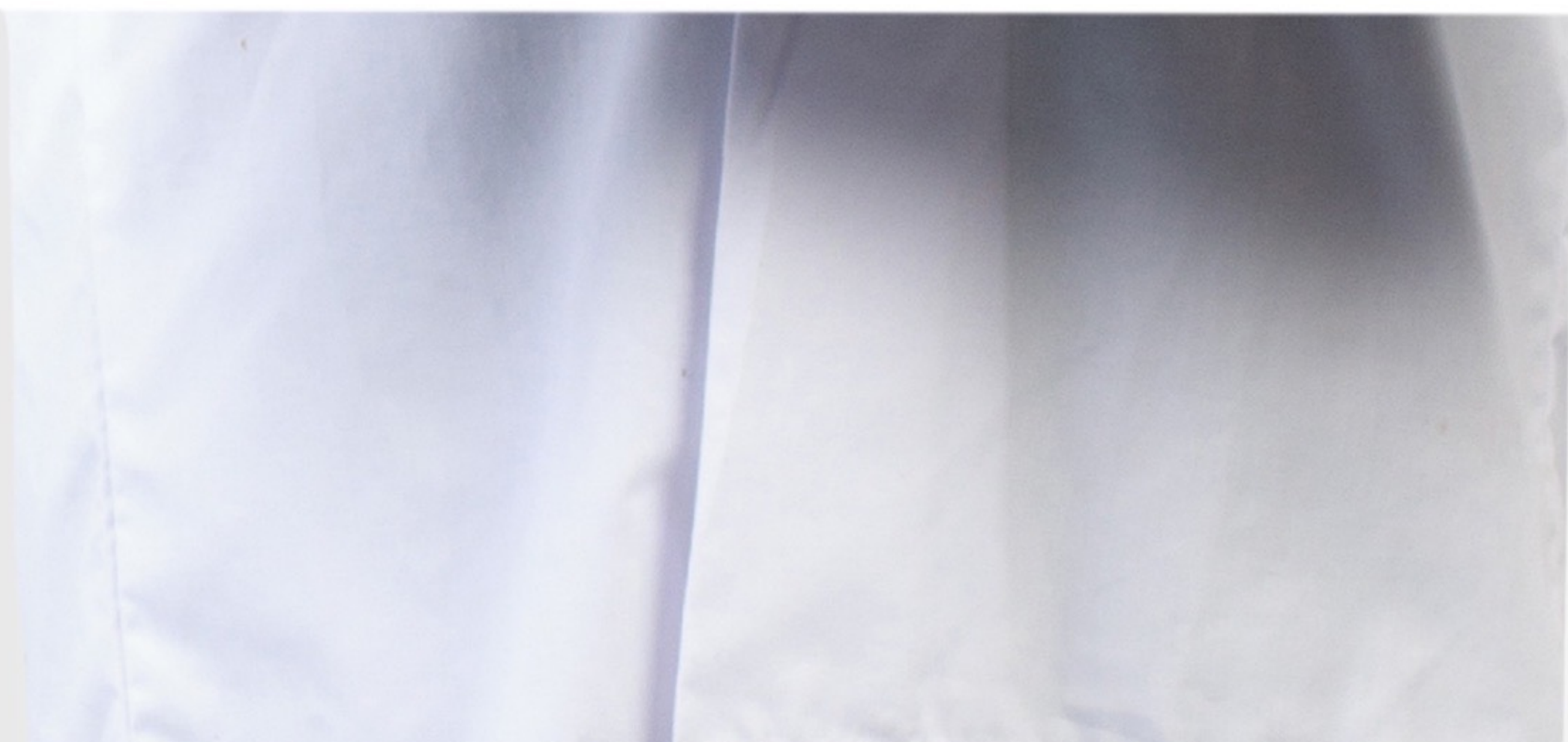
Allows both hands to be treated in
one appointment



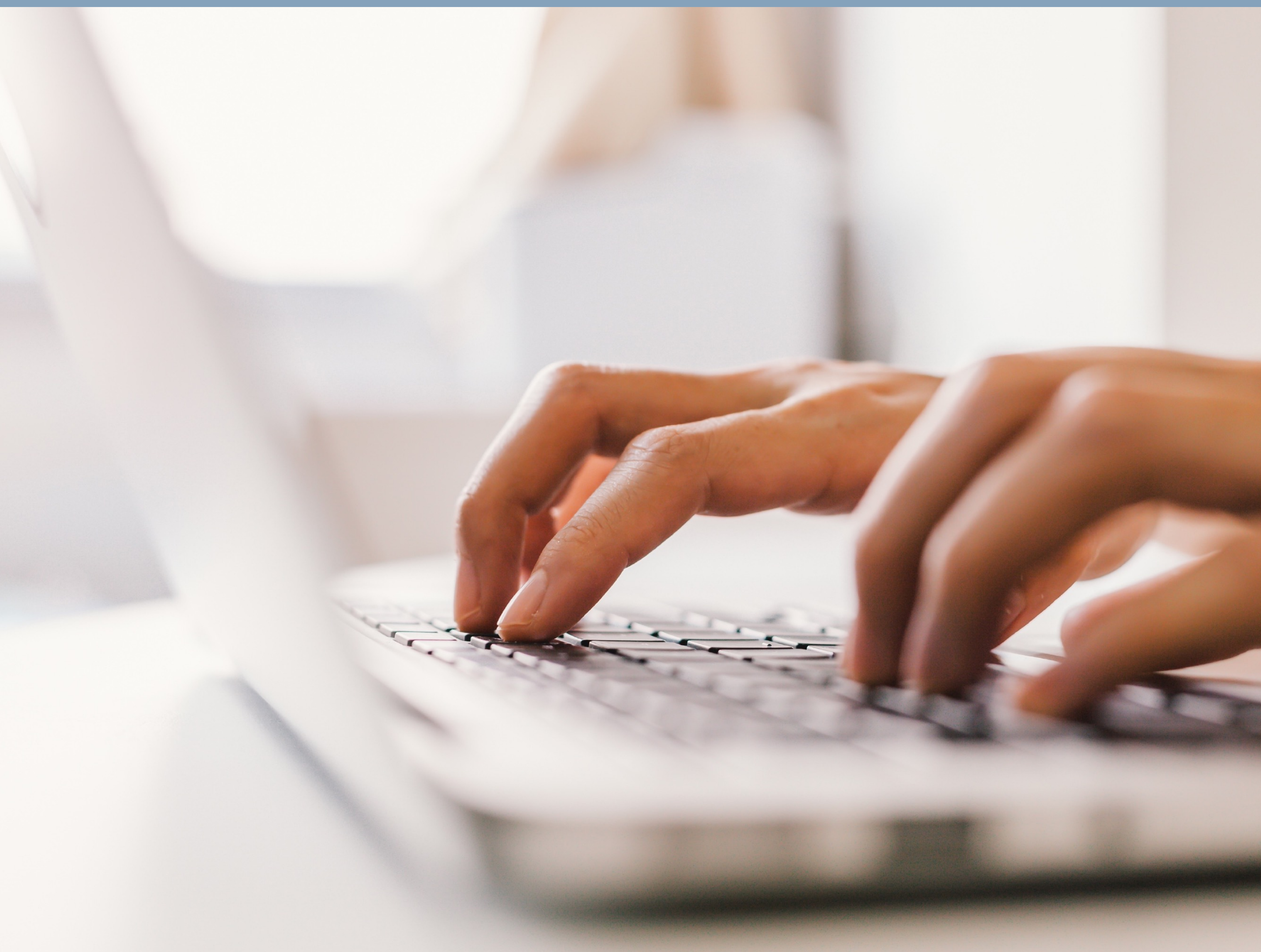
Safe and proven - Thousands of
patients have already been
successfully operated on



What are the advantages of endoscopic decompression?



This technique
allows a return to
normal activities 4x
faster than any
available technique.



Advantages

Unlike the traditional method, endoscopic decompression does not require post-operative care or long periods of recuperation. The risk of painful scars and adhesions is much lower than with traditional surgery. The return to productivity and a normal life happens almost immediately.



Immediate relief of your symptoms and pain



Minimal discomfort, low risk of complications



Minimal downtime



No post-operative care necessary



Much faster return to work



Rapid resumption of hobbies and sport activities



Minimal loss of revenue



What our
patients say

Dr. Brutus
maintains an
excellent rating
on the RateMDs
website



ratemds.com

Visit For More Recovery Stories



" Excellent clinic, staff and care. Doctor Brutus is very professional, a great mix of knowledge, confidence and sense of humour. He is clearly very much liked by his staff and the atmosphere is upbeat and caring. I had my right trigger thumb taken care of, and while still recovering, the surgery was a success and conclusive. "

- S.R.

" I went to Dr. Brutus to fix my trigger finger that was brought on from walking my large dog who loves to pull. After examining my finger Dr. Brutus assured me that he could remedy this. After his quick intervention my trigger finger is no longer a problem. All is well. It has been a while since I experienced such calm and compassionate care in such a warm setting. I would highly recommend Dr. Brutus. "

- L.N.



Regain your hands
and your smile today!



drbrutus.com



Dr JEAN-PAUL
BRUTUS