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## Simple method for minimal invasive carpal tunnel decompression

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Decompression of carpal tunnel syndrome can be done by different methods including both open and endoscopic techniques. The endoscopic type of decompression can be used in many cases except those where other pathologies must be excluded or treated at the same time like performing synovectomy or removing other mass that cause median nerve compression. The need for minimal invasive approach is now more requested by the patients specially those need to go back to their jobs and sport activities earlier. Many systems are in the market to perform endoscopic decompression using either one port or two port methods. These need special instrumentations that are expensive and not everyone or every hospital can afford to supply. In this presentation, I will show a very simple way to perform a minimal invasive approach using 2.4 mm endoscope that is used for other purposes like ankle or wrist arthroscopy without the need for any costly systems and with using simple instruments.

### Biography

Jamil M Al-Jamali, He is a Consultant Plastic surgeon and fellowship training in Craniomaxillofacial surgery Department in Freiburg University medical Centre - Germany, also head of Plastic, Reconstructive, Aesthetic and Hand surgery section in Mediclinic Welcare Hospital - Dubai. He has published several research papers and awarded by several courses and workshops. His Field of interest includes plastic, Reconstructive and Aesthetic Surgery.

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