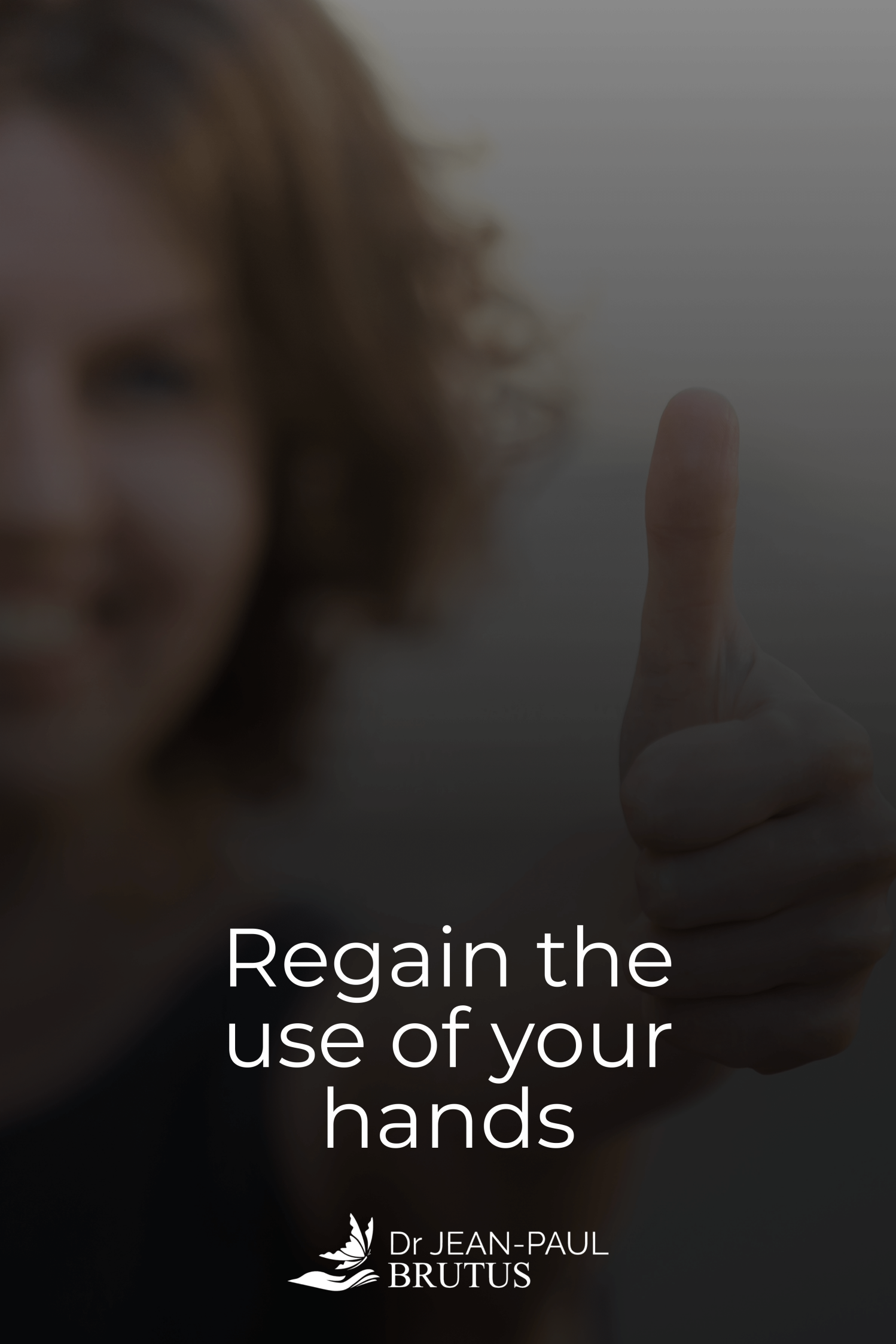


Regain the use of your hands

Dr JEAN-PAUL BRUTUS

Return to Sports

Live your Passion

Regain your Sleep

Return to Work

Return to your

Normal Life

Introduction

Lacertus syndrome is a common hand condition but one that many healthcare professionals and the general public don't know a lot about. It occurs when the median nerve is compressed just past the elbow joint under a sheet of ligamentous tissue called the lacertus fibrosus. Lacertus syndrome symptoms are very similar to those of carpal tunnel syndrome, which means finding the right diagnosis can be both time consuming and challenging.

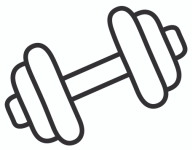
Lacertus syndrome presents both sensory and motor symptoms. It can occur in one or both arms, causing numbness, forearm pain that can radiate to the shoulder, and a loss of feeling, strength, and dexterity.

It is estimated that a large number of people with carpal tunnel syndrome also suffer from lacertus syndrome.

Symptoms

Forearm and elbow pain that can radiate to the shoulder

Clumsiness (tendency to drop things)



Tired or heavy feeling in the arms

Muscle weakness

A few facts

- Lacertus syndrome often develops at the same time as carpal tunnel syndrome, resulting in a condition known as double crush syndrome.
- Unlike carpal tunnel syndrome, nocturnal symptoms are rather unusual.
- It affects both men and women and generally after the age of 35.
- Manual labour, overexertion, and repetitive forearm pronation are recognized risk factors.

If symptoms persist after a surgical carpal tunnel decompression, lacertus syndrome is very often the reason.

Who is Dr. Jean-Paul Brutus?

Dr. Brutus

- Dr. Brutus is the only surgeon in Canada whose practice is dedicated exclusively to hands and wrists.

- He is recognized as a foremost expert in Canada in treating nerve compression syndromes affecting the hand. He has performed more endoscopic carpal tunnel decompressions than any other surgeon in Canada and is the only doctor in the country using this method to treat trigger finger.

- He is one of the few hand surgeons in the world to have been specifically trained to recognize and treat lacertus syndrome. He is regularly invited to give talks and share his expertise on the subject.

- His clinical practice and research have helped perfect multiple minimally invasive techniques, including endoscopy and the WALANT anaesthesia technique.

Dr. Brutus

boasts more than 20 years of experience and has completed more than 10,000 procedures.

How is lacertus syndrome diagnosed?

Diagnostic

Lacertus syndrome is diagnosed through a questionnaire and a full physical exam of the arm. The scratch collapse test is a very useful test for confirming the diagnosis. Electromyography (EMG) can be used to diagnose a related case of carpal tunnel syndrome but is rarely able to detect lacertus syndrome.

Given how poorly understood lacertus syndrome still is, clinicians need specialized knowledge and experience to diagnose it correctly.

Optimal carpal tunnel surgery outcomes often rely on also identifying and treating lacertus syndrome.

What does surgery entail?

Procedure

The procedure involves cutting the ligament that is compressing the nerve through a tiny incision where the elbow naturally creases. It is performed on patients using the wide-awake local anaesthesia no tourniquet (WALANT) technique.

This kind of anaesthesia allows the surgeon to confirm during the procedure whether muscle strength has returned to normal and whether the decompression has worked.

Benefits

Patients who undergo WALANT procedures are usually able to return to office work in just 24–48 hours and to physical work after 10–14 days. Rehabilitation isn't necessary, and the risk of recurrence is low.

- Local anaesthesia
- Short procedure
- Tiny incision
- Minimal pain
- Rapid relief
- Allows for carpal tunnel syndrome surgery during the same procedure
- Quick return to normal activities

What are the advantages of the WALANT technique?

WALANT

The term WALANT (which stands for wide-awake local anaesthesia no tourniquet) refers to a new anaesthesia technique used for hand and wrist surgery. It offers several major advantages, including increased accuracy, fewer anaesthetic-related risks and side effects, and a faster recovery.

With the WALANT technique, there is no need for tourniquets, which were the standard in the past for both regional and general anaesthesia. Instead, a combination of medicines is administered locally while the patient remains fully awake.

Advantages

- Local anaesthesia
- No preoperative tests like blood work and electrocardiograms required
- No fasting or hypoglycemia-related issues
- Patients are awake for easier preoperative coordination
- More accurate procedures
- No anaesthesia-induced sensory or motor paralysis
- Less postoperative pain and inflammation
- Lower risk of complications and side effects

What our patients say

Dr. Brutus maintains an excellent rating on the RateMDs website

For more recovery stories, please visit

ratemds.com