



Patient-223

Patient-223 went to Dr. Arthur Taylor at Nevada Orthopedic & Spine Center for pain and numbness in her hands. Dr. Taylor was rushed and snarky. He did not do a proper exam and did most of his talking from the doorway. Patient will be discussing this experience with her insurance company and advises others to choose a different surgeon.

I just left an appointment with Dr. Arthur Taylor (at Nevada Orthopedic & Spine Center), and I am completely depressed and feel kind of helpless.

The doctor was almost nonexistent.

I have been suffering for two years with excruciating numbness tingling in my hands, intermittently, classic symptoms of carpal tunnel, my hands fall asleep constantly.

I really don't even know how to describe the so-called exam because there was none.

He poked at my wrist and asked me which fingers fell asleep first. I said I'm sorry I don't understand your question. It's just simply that my hands will numb up and tingle out of nowhere sometimes and especially at night. I don't know which one tingles first.

He didn't like that answer and said that he wanted me to start to keep a log.

Okay, that makes perfect sense, but what can I do now? I'm in severe discomfort right now.

He said he had to send me for a nerve study. Again, perfectly understandable, and I certainly will do that.

But honestly, he in no way presented as a caring physician. He was rushed, a bit snarky, and did most of his talking to me from the doorway.

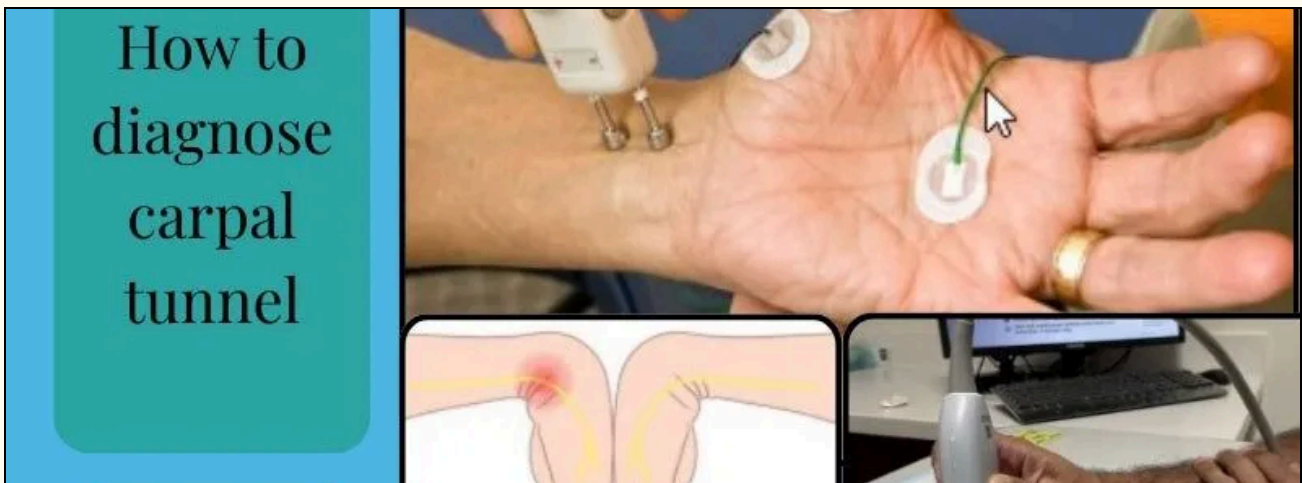
Unfortunately, I have an HMO, and this is where they sent me.

If I had a choice, I would most definitely not come back.

I'm going to call my insurance and express my misgivings and see if that gets me anywhere.

If you have a PPO insurance plan and are able to choose your own physician, please, reconsider choosing Dr. Taylor. Maybe you'll get lucky and he'll meet up to the glowing reviews that I see here, but for me, it was a complete waste of time and very depressing.

Note to readers: If you have an HMO insurance plan with Health Plan of Nevada, they will NOT allow you to see any other orthopedic doctors except Nevada Orthopedic & Spine Center. This known as a forced choice or closed choice.



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**Just say NO to Nevada Orthopedic
and just say NO to Dr. Arthur Taylor**

How to Diagnose Carpal Tunnel Syndrome

Have you ever woken up with a numb or tingly hand? Or perhaps your fingers are weakening when you are holding your phone or typing at the workplace? You can dismiss it as sleeping incorrectly, but if it continues, it is time to find out more.

The correct diagnosis is the prime factor to prevent the problem from progressing further.

When Should You See a Doctor?

Carpal tunnel syndrome (CTS) does not necessarily come at you in one big bang. It often starts small.

You may feel tingling in the fingers, particularly the thumb, the mid finger, and the index finger. You might have a sensation of your hand going to sleep. Others experience slight burning or buzzing, which is aggravated at night.

At first, you may just notice:

- Numbness or tingling in the hand
- Weak grip or frequent dropping of objects
- Pain that radiates up the forearm
- Symptoms that are aggravated by driving or typing

These symptoms tend to fluctuate. However, they stay longer or even worsen with time.

Here's a rule of thumb: If the discomfort interrupts sleep or daily tasks, see a doctor.

The delay in treatment may result in permanent nerve damage. The early diagnosis of CTS can be treated with ease.

Physical Exam

Then your provider will carry out a basic hands-on checkup. This examines the wrist, hand strength, and sensation.

These are some of the usual physical tests:

- **Tip:** While tests confirm the diagnosis, many people with mild CTS symptoms find daytime support with adhesive solutions (such as Carpal Aid Patch) which don't limit wrist movement.
- **Tinel Sign:** Your provider taps lightly on your wrist on the median nerve. When you get a zing or tingling, that is a hint.
- **Phalen's Test:** You press the backs of your hands together with bent wrists for 60 seconds. Tingling or numbness is a sign of CTS.
- **Sensory Test:** Your doctor will examine the ability of your fingers to be felt.
- **Strength Test:** The other major symptom is the weakness of the muscles of the thumb. They will examine your pinch and grip.

They can also examine muscle atrophy (shrinking) at the bottom of your thumb.

It is an indication that the nerve must have been compressed over a long period, and it requires urgent treatment.

Diagnostic Tests for Confirmation

- Nerve Conduction Study (NCS)
- Electromyography (EMG)
- Ultrasound or MRI
- X-Rays and/or Blood Tests

Don't Wait for it to Get Worse

When you have tingling, numbness, or pain in your hands, particularly at night, do not overlook it. These may be the initial warning signs that are a way of your body saying, "Hey, something is not right."

The earlier you detect it, the more likely you'll avoid surgery or long-term damage.

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