



Regain the use of your hands



Dr JEAN-PAUL
BRUTUS

A close-up photograph of a hand wearing a white golf glove with yellow accents, gripping the black handle of a golf club. The background is a soft, out-of-focus outdoor setting.

Return to Sports

A photograph showing a person's hands typing on a laptop keyboard. The person is wearing a light-colored, textured sweater. The image is slightly faded and has a soft focus.

Live your Passion

A photograph of a person's legs and feet resting on a white, fluffy surface, possibly a bed or a sofa. The person is wearing a light-colored, patterned sweater. The image is soft and faded.

Regain your Sleep

A close-up photograph of a hand holding a pen, writing on a document. The hand is wearing a light-colored, textured sweater. The image is soft and faded.

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.

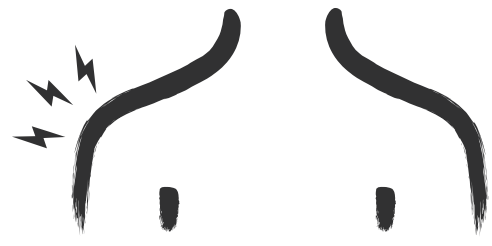
Lacertus syndrome presents both sensory and motor symptoms. It can occur in one or both arms, causing numbness, forearm pain that can radiate to the shoulder, and a loss of feeling, strength, and dexterity.



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



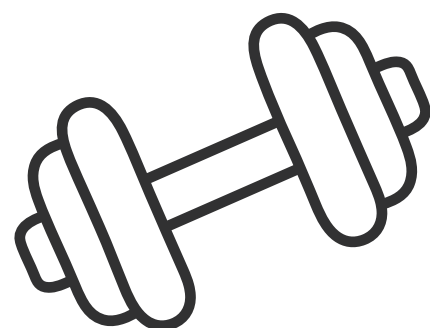
Symptoms



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

A man with a beard and short hair, wearing a light blue button-down shirt, is shown in a thoughtful pose. He has his right hand resting on his chin and is looking off to the side. The background is a solid, dark grey color.

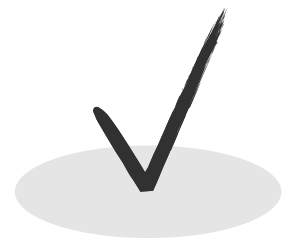
What
are the
advantages
of the WALANT
technique?

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



" 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!

JE SUIS UNE
EXCEPTION

drbrutus.com