

Thomas Sports and Regenerative Orthopedics Introduces the Guo Technique for Minimally Invasive Carpal Tunnel Treatment



1250 E Columbia
Ave, Battle Creek
MI 49014

(269) 883-6052

ThomasSportAndRegen.com

Battle Creek, Michigan Apr 10, 2025 (Issuewire.com) - [Thomas Sports and Regenerative Orthopedics \(TSARO\)](http://ThomasSportsandRegenerativeOrthopedics(TSARO)), a leading provider of world-class musculoskeletal care, is excited to announce the introduction of the [Guo Technique](#), a revolutionary, minimally invasive procedure for treating Carpal Tunnel Syndrome. This incisionless sono surgical technique offers faster recovery, reduced pain, and improved patient outcomes for those suffering from the most common peripheral nerve entrapment neuropathy caused by compression of the median nerve.

Carpal Tunnel Syndrome is one of the most significant contributors to work-related absenteeism. Traditional treatments for Carpal Tunnel Syndrome include conservative measures like rest, night splints, and steroid injections—the latter being among the least effective treatment options. When these

conservative approaches fail, patients often resort to the conventional surgical method of releasing the transverse carpal ligament, which forms the roof of the carpal tunnel. However, these traditional procedures have longer recovery times, typically requiring 4 to 6 weeks for full recovery.

Several factors increase the risk of developing Carpal Tunnel Syndrome, including female sex, pregnancy, smoking, alcoholism, obesity, advanced age, and hypothyroidism. Conditions like chronic renal failure, rheumatoid arthritis, and amyloidosis also contribute. Athletes in sports that involve repetitive hand and wrist movements, such as weight lifting, racket sports, cycling, rowing, rock climbing, and golf, are particularly vulnerable to Carpal Tunnel Syndrome.

TSARO is proud to offer the Guo Technique, a state-of-the-art, incisionless procedure that minimizes tissue trauma and allows for a same-day return to daily activities, with recovery times as short as 1-2 days. Developed by Dr. Danzhu Guo and Dr. Danqing Guo, the Guo Technique uses sono surgical thread to release the transverse carpal ligament, sparing surrounding soft tissues like the flexor retinaculum, which significantly reduces post-surgical discomfort and shortens recovery times. Clinical studies have demonstrated improved surgical outcomes with no recurrence of symptoms after two years, as well as significantly lower post-surgical pain without surgical scar formation compared to traditional procedures.

"Having trained directly under Dr. Danzhu Guo and having him visit TSARO has been an honor and a privilege. This preeminent technique will revolutionize surgical treatment of carpal tunnel syndrome," said Dr. Ian Thomas, the clinic's founder and a Harvard-trained orthopedic interventionist. "The Guo Technique represents a significant advancement in treating carpal tunnel syndrome, offering patients a faster recovery, better overall outcomes, all at a lower cost."

Key Benefits of the Guo Technique:

- **Minimally Invasive:** The procedure spares surrounding tissues, such as the flexor retinaculum, reducing recovery time, post-surgical pain, and leaving no scar.
- **Rapid Recovery:** Patients can typically return to their daily activities on the same day, with full recovery in just 1-2 days.
- **Cost-Effective:** The Guo Technique is 80% cheaper than other minimally invasive and traditional carpal tunnel release surgeries, providing an affordable option for many patients.
- **Superior Results:** Two-year outcomes demonstrate no recurrence of symptoms, with improved Boston Carpal Tunnel Questionnaire scores and significant pain reduction.

TSARO remains at the forefront of sports-specific orthopedic care, focusing on minimally invasive procedures that help patients avoid surgery when possible. In addition to the Guo Technique, the clinic offers [regenerative medicine](#) ([platelet rich plasma](#), [bone marrow aspirate concentrate](#)), diagnostic ultrasonography, shockwave therapy, scrambler therapy, and Tenex. TSARO's multi-disciplinary team works collaboratively to provide patients with personalized treatment plans to help them reach their maximum potential.

About Thomas Sports and Regenerative Orthopedics (TSARO):

Founded by Dr. Ian Thomas, a Harvard-trained orthopedic interventionist with fellowship training in Sports Medicine, Regenerative Medicine, and Diagnostic Musculoskeletal Ultrasonography, TSARO is committed to providing state-of-the-art care for individuals suffering from musculoskeletal conditions. The clinic specializes in offering minimally-invasive sono-surgical solutions for a variety of orthopedic issues, including tendinopathies, osteoarthritis, neuropathies, and sports injuries.

For more information about the Guo Technique or to schedule a consultation, please contact Thomas Sports and Regenerative Orthopedics (TSARO) at:

- Address: 1250 E Columbia Ave, Battle Creek, MI 49014
- Phone: (269) 883-6052
- Website: www.ThomasSportAndRegen.com

Media Contact

TSARO

*****@thomassportandregen.com

(269) 883-6052

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