



## **FOR IMMEDIATE RELEASE**

**Tuesday, July 7, 2026**

### **Orthopaedic Specialists of Austin, Dr. Harrison F. Kay, Introduces Ultrasound-Guided Carpal Tunnel Release Technology**

**Innovative, minimally invasive procedure offers patients a new treatment option that may reduce recovery time and help them return to daily activities sooner.**

Austin, TX - Dr. Harrison F. Kay, a board-certified, fellowship-trained orthopedic surgeon specializing in hand, wrist, and elbow care, with Orthopaedic Specialists of Austin, is the first physician in Austin and surrounding areas to offer ultrasound-guided carpal tunnel release technology.

SONEX™ ultrasound-guided carpal tunnel release uses real-time ultrasound imaging and specialized technology to release the transverse carpal ligament that is compressing the median nerve within the wrist.

During the procedure, ultrasound allows the surgeon to clearly visualize important structures, including nerves, tendons, blood vessels and surrounding tissue. Through a very small incision, the ligament is released while minimizing disruption to surrounding tissues. The procedure is performed using local anesthesia and is completed in an office-based setting for appropriate candidates.

“My goal has always been to provide the best possible patient experience and outcomes. As the first and only physician in the greater Austin area to offer this technology, I am proud to provide patients with a minimally invasive option that has been proven to reduce recovery time, minimize disruption to their daily lives, and help them return to their work and the activities they enjoy sooner,” Dr. Kay said.

Compared to traditional open carpal tunnel surgery, ultrasound-guided carpal tunnel release offers several advantages for patients. Patients typically experience less postoperative discomfort, minimal scarring, and reduced need for pain medication, with many patients returning to normal activities within three to five days, compared with two to four weeks for traditional surgery. While traditional carpal tunnel release uses a larger incision in the palm which can cause increased pain and weakness, ultrasound-guided carpal tunnel release utilizes a thin device through a very small incision below the wrist.

Ultrasound-guided carpal tunnel release is now available for patients at Orthopaedic Specialists of Austin. Individuals experiencing symptoms of carpal tunnel syndrome, such as numbness, tingling, or hand weakness, are encouraged to schedule a consultation to determine if this treatment option is right for them.

### **About Orthopaedic Specialists of Austin**

For more than 20 years, Orthopaedic Specialists of Austin has been a trusted, premier leader in delivering advanced, patient-centered orthopedic care to the Austin community. With locations in Austin, Leander, and Lakeway, its board-certified, fellowship-trained physicians provide highly specialized care across all areas of the musculoskeletal system, including expert care in joint replacement, spine, shoulder, hand and upper extremity, knee and hip, and foot and ankle conditions. The practice offers both advanced non-surgical treatments and minimally invasive surgical solutions. Guided by a commitment to innovation, a conservative-first approach to care, and coordinated treatment from diagnosis through recovery, Orthopaedic Specialists of Austin is dedicated to helping patients reduce pain, restore function, and return to the activities they love.

### **Media Contact:**

Carrie Taylor  
Director of Marketing  
Orthopaedic Specialists of Austin  
615.430.9898  
[carrie.taylor@growthortho.com](mailto:carrie.taylor@growthortho.com)  
[orthoaustin.com](http://orthoaustin.com)

