

Carpel Tunnel Syndrome

Presentation

Pain or paraesthesia in distribution of median nerve
Wakes at night with paraesthesia/pins and needles
Morning symptoms eased with shaking of hand
Aggravated by driving/gripping
Phalen/Tinels positive
APB weak on testing

Classification

1. **Low** - intermittent symptoms relieved with re-positioning, gestational presentation
2. **Moderate** - constant symptoms, nocturnal, interferes with ADLs
3. **Severe** - constant symptoms, nocturnal, failed conservative management, wasting/weakness of thenar muscles

1. Low

Night resting splint / Ergonomic Advice

2. Medium

Physiotherapy / Night splint / steroid injection

3. Severe

Refer for surgery

No Better

No Better

Secondary Care / Nerve Conduction Studies