

# CARPAL TUNNEL SYNDROME (CTS)

Physiotherapy Can Prevent Surgery in Mild to Moderate Severity CTS



## PHYSIOTHERAPY CONSISTING OF:

Custom  
Thermoplastic Splinting

### Carpal Tunnel Decompression Exercise Program

(upper limb nerve and tendon  
gliding exercises shown in vivo to  
reduced carpal tunnel pressure  
Seradge et al.)

## AT 18 MONTHS POST-TREATMENT SHOWED RESOLUTION OF SYMPTOMS IN:

**80%**  
of those with Mild CTS

**71%**  
of those with Moderate CTS

(Outcome Measures- Symptom Severity Scale (SSS)  
and the Functional Status Scale (FSS))

Seradge H, Bear C, Bithell D. Preventing carpal tunnel  
syndrome and cumulative trauma disorder: effect of carpal  
tunnel decompression exercises: an Oklahoma experience.  
J Okla State Med Assoc. 2000;93:150-153

Seradge H, Parker W, Baer C, Mayfield K, Schall L. Conservative  
treatment of carpal tunnel syndrome: an outcome study of  
adjunct exercises. J Okla State Med Assoc. 2002;95:7-14.

## CANDIDATES FOR PHYSIOTHERAPY MANAGEMENT

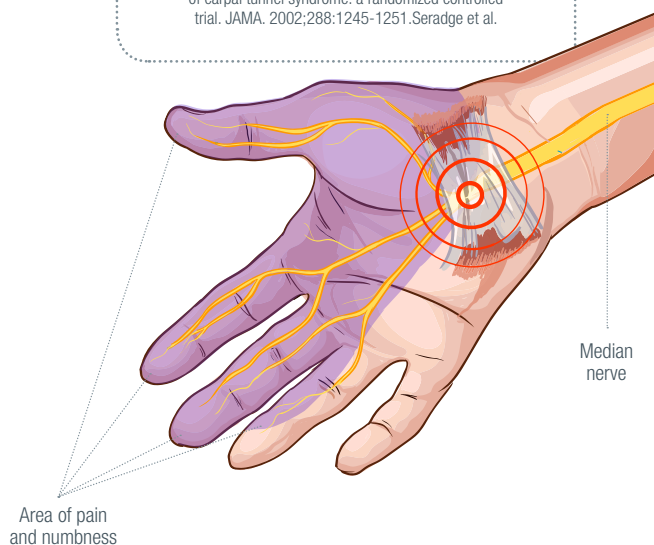
Those with mild to moderate  
CTS. This is primarily defined  
by three criteria:

Duration of symptoms  
**< 12 months**

Severity Score for  
nocturnal paraesthesia of  
**< 6/10**

No thenar muscle atrophy

Gerritsen et al Splinting vs surgery in the treatment  
of carpal tunnel syndrome: a randomized controlled  
trial. JAMA. 2002;288:1245-1251. Seradge et al.





## SUMMARY

On average, 3 out of 4 patients with Mild to Moderate CTS may be able to avoid surgery with low-cost physiotherapy interventions including customised wrist splinting and a physiotherapist guided home exercise program. A 6-8 week trial of conservative management appears to be indicated from both cost and patient outcome perspectives.



### A NOTE ON SEVERE CASES OF CTS

Patients with severe cases of CTS are unlikely to do well with conservative management alone. Evidence suggests surgical referral should be considered for these patients. Gerritsen et al.

## ELIGIBLE PATIENTS

*We accept all categories of patients including:*

- Medicare EPC (Bulk Billed at Kwinana, Bulk Billed on request at Auburn Grove)
- Workers Compensation, ICWA (Bulk Billed)
- Department of Veterans Affairs (Bulk Billed)
- NDIS (Bulk Billed once approved by NDIS - we arrange this)
- Private Patients - Fees Apply, Private Health Fund rebates on-site

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