Management of Carpal Tunnel Syndrome – Surgical Vs Medical?
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Abstract:
Background: Carpal Tunnel Syndrome (CTS) is the most common form of entrapment neuropathy. Both the Medical and surgical treatments are popular in the management of CTS. The effectiveness of the surgical treatment of carpal tunnel syndrome (CTS) is well known on short term. Surgical approach has proved to be more efficient relative to the conservative methods of steroid injections and splinting. On the other hand, many studies have demonstrated both advantages and adverse effects of the surgical methods. However, limited data is available about long-term outcome after carpal tunnel release (CTR). So debate is still persists regarding Conservative vs. Surgical approach to treatment of CTS.

Methods: A retrospective analysis of 15 consecutive cases performed during 1.5 year was conducted. 8 patients were treated surgically with transpalmar approach. 7 patients were treated conservatively. The criteria for treatment efficacy were improvements in symptoms, such as pain, paresthesia and recurrences after surgery.

Results: Female were predominant 80% than male 20%. Right hand was more frequently affected 80% than left 20%. most patients were diabetic except 2. outcome in the surgical group was excellent. Patient of non-surgical group was not satisfied as surgical group.

Conclusions: CTR is a robust treatment for CTS and its effect persists after a period of years. CTR is the choice of treatment in case of moderate to severe form of CTS. Long term follow up and inclusion of more cases is needed for a definite conclusion.

Keywords: Carpal tunnel release; Carpal tunnel syndrome; transpalmar, outcome.

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carpal tunnel release is a common surgical treatment for carpal tunnel syndrome\textsuperscript{9}. Endoscopic CTR is another popular option of the treatment of severe form of CTS. Some author showed that Endoscopic carpal tunnel release provides the similar efficacy\textsuperscript{10}. Sometimes we the physician advocate splinting for the treatment of mild to moderate form of CTS. There is limited evidence that splint worn at night is more effective than no treatment in the short term, but there is insufficient evidence regarding the effectiveness and safety of splinting over non-surgical intervention for CTS\textsuperscript{11}.

\textbf{Fig.-1: Anatomy of carpal tunnel} \textsuperscript{19}

\textbf{Fig.-2: Cross section anatomy of carpal tunnel} \textsuperscript{19}. 
Methods:
This is a retrospective analytical study. The study population was recruited from two private hospitals. Total 15 cases were primarily enrolled in this study that was managed during the last 1.5 yrs. 7 patients were managed medically & 8 patients were managed surgically. Medical management includes – NSAIDs, Splinting, but I have not given steroid injection. Before going for surgery following investigations were routinely done.

Diagnostic tests:
- No investigation is conclusive, diagnosis is clinical.
- CBC
- CRP
- Glucose
- TSH
- NCV – it helps to take decision for surgery.
- ECG

Surgical management: Open CTR was done through transpalmar approach. Mini incision surgery with plain Local anesthetic agents was used. All surgery was done as an out patient basis. I used baby needle for the introduction of LA agents. Incision was made with Number 15 blade. The wound was closed with 3-0 cutting prolene in a single layer. This is a very limited study with short duration. I follow up the patient for last 1.5 years and I assessed post-operative patient’s compliance and satisfaction. Clinical examination was done post-operatively to assess the improvement.

Fig.-3: Sensory distribution of median nerve

Tinel’s sign: Light percussion (taping) over the irritated median nerve at the flexor retinaculum elicits a tingling sensation (“pins and needles”) in the distribution of the nerve.

Fig.-4: Tine’s sign

Photo was taken with kind permission of the patient

Fig.-5: Phalen’s menuever: Maintained flexion of the wrist at a 90° angle for 30-60 seconds reproduces CTS symptoms of tingling of pain.
### Results:

#### Table-I

| Age range (Y) | Number of the patient |
|---------------|------------------------|
| 30-40         | 2 (13%)                |
| 41-50         | 3 (20%)                |
| 51-60         | 8 (53%)                |
| 61-70         | 2 (13%)                |
| Total         | 15 (100%)              |

**Fig.-6: Steps of surgery**

**Fig.-7: Diagram shows Male: Female = 4:1**
Result and observation: Total 15 patients were enrolled in this study. Female: Male = 4:1. Common presenting complaints were pain, especially at night and tingling and numbness in the median nerve distribution. Phalen’s maneuver is a specific and sensitive test for severe form of CTS. Regarding investigation NCV is very much helpful to take decision for surgery. Patients of surgical group were highly satisfied where the patients treated with medical management and splinting were not satisfied, although they have transient improvement. Follow up: On follow-up after 1.5 yr, patient has no scar mark. One patient has partially improved her thenar atrophy (fig-7).

### Table-III

*Distribution of the patient according to the presenting complaints*

| Clinical features                                           | Number of the patients |
|-------------------------------------------------------------|------------------------|
| Night pain                                                  | 15 (100%)              |
| Tingling and numbness                                       | 15 (100%)              |
| Weakness of hand grip                                       | 8 (53%)                |
| Thenar atrophy                                              | 8 (53%)                |
| Clumsiness                                                  | 12 (80%)               |
| Hypesthesia (loss of 2 point discrimination and poor pin prick sensation in radial 3.5 fingers) | 12 (80%)               |
| Phalen’s maneuver                                           | 13 (86%)               |
| Tinel’s test                                                | 10 (66%)               |

### Table-IV

*Outcome of the patients according to treatment modality.*

| Rx modality   | Number of patients | Level of satisfaction       | Follow up                                                                 |
|---------------|--------------------|------------------------------|---------------------------------------------------------------------------|
| Surgical      | 8                  | 7 patients were highly satisfied | On short-term follow up only 1 patient had the complain of some degree of weakness |
| Medical       | 7                  | No patients were satisfied even after using splint | After stop medication and splint, symptoms recurred                       |
| Total         | 15                 |                              |                                                                           |

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Discussion:
In our study, female were significantly dominant than male. Diabetes was the common association with CTS. Common presenting symptoms were pain, tingling, numbness, and decreased sensation in the median nerve distribution. Phalen’s and tinel’s test are helpful for diagnosis. NCV is the only investigation that is helpful to distinguish the disease severity and to take decision for surgery. Important finding of this study is the outcome of conservative treatment and surgical treatment. On follow-up the outcome of surgical treatment (open CTR) was encouraging. On the other hand, splinting and NSAIDS has transient benefits and relief from pain.

The results of the present study show that long-term results of open carpal tunnel release are favorable. Eighty-seven percent of patients reported good symptom scores (<2 points) and 74% reported good function scores (<2 points). Eighty-eight percent of the patients were completely or very satisfied. We hypothesized that nocturnal pain, which is characteristic of nerve irritation due to carpal tunnel syndrome, will be present in a small minority of patients. The problems reported more frequently, such as daytime pain, weakness, and trouble opening jars, are less specific to carpal tunnel syndrome and may be attributable to other comorbidities such as osteoarthritis or rheumatoid arthritis. Our finding that carpal tunnel syndrome confounding comorbidities, such as rheumatoid arthritis, diabetes mellitus, polyneuropathy, and osteoarthritis, are associated with pain and function scores supports this hypothesis 12.

While numerous studies have noted the excellent early 13, 14 results of open carpal tunnel release, the durability of clinical results has remained uncertain. A recent study15 has claimed that surgical outcomes after five years were only marginally better than nonsurgical outcomes. Other studies have described noticeable returns of at least some preoperative symptoms, on the order of 57%16 and 25%17.

Another study suggests that the long-term results of open carpal tunnel release are excellent, with patients experiencing consistent pain relief over ten to fifteen years. The rate of re-operation was very low, at 1.8%. A high percentage of patients reported excellent results, high levels of satisfaction, and improvements in their quality of life 12.

CTR has a favorable outcome and good rates of satisfaction, even in patients with bilateral severe CTS at a mean of nine years after surgery. Endoscopic CTR has a higher rate of numbness resolution than open surgery. There were no significant differences in outcome between the dominant and non-dominant hand 18.

Limitations
• Very limited number of patients
• Short term follow-up

Take home message
• Surgical results of peripheral nerve disorders are very encouraging & rewarding.
• So every neurosurgeon can entertain all kinds of peripheral nerve surgery.

Conclusion:
CTR is the choice of treatment in case of moderate to severe form of CTS. Long-term follow up and inclusion of more cases is needed for a definite conclusion.

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