

CARPAL TUNNEL SYNDROME

PRIOR APPROVAL REQUIRED

Carpal tunnel syndrome is a relatively common condition that affects the nerves of the hand causing pain, numbness and a burning or tingling sensation in the hand and fingers. Symptoms can be intermittent, and range from mild to severe. Patients with intermittent or mild/moderate symptoms should be managed conservatively in the first instance.

Referral criteria:

- Symptoms persist despite at least 4 months of conservative therapy with a local corticosteroid injection (nocturnal splinting*). Please provide evidence with request.
- There is neurological deficit, e.g. Sensory blunting, muscle wasting or weakness of thenar abduction.

OR

- The patient is experiencing significant functional impairment**

**European Hand Guide recommends splinting for 4-12 weeks.*

***Significant functional impairment is defined as: • Symptoms preventing the patient fulfilling activities of daily living or Carrying out vital domestic or carer activities.*

Smoking cessation is recommended for all patients considering the possibility of surgery. For help to quit smoking please contact your local Stop Smoking Service or contact your GP Surgery.

[A Patient Decision Aid](#) is available for carpal tunnel syndrome