

## Carpal tunnel syndrome: a look at the evidence for treatments

Sarah Chapman for Evidently Cochrane 07 December 2018

### References

Choi GH, Wieland LS, Lee H, Sim H, Lee MS, Shin BC. **Acupuncture and related interventions for the treatment of symptoms associated with carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2018, Issue 12. Art. No.: CD011215. DOI: 10.1002/14651858.CD011215.pub2 <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011215.pub2/full>

Marshall SC, Tardif G, Ashworth NL. **Local corticosteroid injection for carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2007, Issue 2. Art. No.: CD001554. DOI: 10.1002/14651858.CD001554.pub2. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001554.pub2/full>

O'Connor D, Page MJ, Marshall SC, Massy-Westropp N. **Ergonomic positioning or equipment for treating carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2012, Issue 1. Art. No.: CD009600. DOI: 10.1002/14651858.CD009600 <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009600/full>

O'Connor D, Marshall SC, Massy-Westropp N, Pitt V. **Non-surgical treatment (other than steroid injection) for carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2003, Issue 1. Art. No.: CD003219. DOI: 10.1002/14651858.CD003219. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003219/full>

Page MJ, Massy-Westropp N, O'Connor D, Pitt V. **Splinting for carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2012, Issue 7. Art. No.: CD010003. DOI: 10.1002/14651858.CD010003 <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010003/full>

Page MJ, O'Connor D, Pitt V, Massy-Westropp N. **Exercise and mobilisation interventions for carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2012, Issue 6. Art. No.: CD009899. DOI: 10.1002/14651858.CD009899. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009899/full>

Page MJ, O'Connor D, Pitt V, Massy-Westropp N. **Therapeutic ultrasound for carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2013, Issue 3. Art. No.: CD009601. DOI: 10.1002/14651858.CD009601.pub2 <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009601.pub2/full>

Peters S, Page MJ, Coppieters MW, Ross M, Johnston V. **Rehabilitation following carpal tunnel release.** Cochrane Database of Systematic Reviews 2016, Issue 2. Art. No.: CD004158. DOI: 10.1002/14651858.CD004158.pub3 <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004158.pub3/full>

Rankin IA, Sargeant H, Rehman H, Gurusamy KS. **Low-level laser therapy for carpal tunnel syndrome.** Cochrane Database of Systematic Reviews 2017, Issue 8. Art. No.: CD012765. DOI: 10.1002/14651858.CD012765 <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012765/full>

Vasiliadis HS, Georgoulas P, Shrier I, Salanti G, Scholten RJPM. **Endoscopic release for carpal tunnel syndrome**. Cochrane Database of Systematic Reviews 2014, Issue 1. Art. No.: CD008265. DOI: 10.1002/14651858.CD008265.pub2. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008265.pub2/full>

Verdugo RJ, Salinas RA, Castillo JL, Cea G. **Surgical versus non-surgical treatment for carpal tunnel syndrome**. Cochrane Database of Systematic Reviews 2008, Issue 4. Art. No.: CD001552. DOI: 10.1002/14651858.CD001552.pub2. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001552.pub2/full>

Wade RG, Wormald JCR, Figus A. **Absorbable versus non-absorbable sutures for skin closure after carpal tunnel decompression surgery**. Cochrane Database of Systematic Reviews 2018, Issue 2. Art. No.: CD011757. DOI: 10.1002/14651858.CD011757.pub2. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011757.pub2/full>

Related Clinical Answers:

**How does low-level laser therapy compare with placebo, tissue/nerve stimulation, and drug-based interventions for people with carpal tunnel syndrome?** <https://www.cochranelibrary.com/cca/doi/10.1002/cca.2071/full>

**How do endoscopic and open release during surgery for carpal tunnel syndrome compare?** <https://www.cochranelibrary.com/cca/doi/10.1002/cca.718/full>

Related NICE Guidance:

National Institute for Health and Care Excellence. **NICE Clinical Knowledge Summary: carpal tunnel syndrome**. London: National Institute for Health and Care Excellence; 2016. [last revised: September 2016]. Available from: <https://cks.nice.org.uk/carpal-tunnel-syndrome>