

عنوان البحث:

Comparison of conservative treatment and surgical decompression of carpal tunnel syndrome

ملخص الانجليزي :

The diagnosis of carpal tunnel syndrome (CTS) frequently results in surgery and prolonged work disability. This study compared the outcome of local steroid injection with night splinting and physiotherapy versus surgical decompression in CTS.

Forty wrists were assigned to the local steroid injection group with night splinting and physiotherapy and 40 wrists to the surgery group in a prospective, randomized clinical trial. The study was conducted between May 2017 and November 2020. Both treatment groups had comparable mean age and duration and severity of CTS at baseline. Clinical assessment, CTS symptoms severity scale (SSS), Visual Analogue Scale (VAS) score for nocturnal paresthesia, and patient's satisfaction were reported.

There is a statistically significant difference between the two study groups as regards SSS-score, with a low mean after three months among the injection group, and a low mean after six, and 12 months among the surgery group. There is also a statistically significant difference as regards VAS-score for patient satisfaction, with a low mean after six, and nine months among the surgery group.

Over the short term, local steroid injection in addition to night splinting and physiotherapy is slightly better than surgical decompression for the symptomatic relief of CTS, with the best results achieved in younger patients with less severe symptoms. Surgery, in turn, showed better outcomes at 12-month follow-up.