

CTS-6

Carpal Tunnel Syndrome Evaluation



Symptoms and History

1. Numbness predominantly or exclusively in median nerve area _____ (3.5)
Sensory symptoms are mostly in the thumb, index, middle
and/or ring fingers
2. Nocturnal numbness _____ (4)
Symptoms are prominent when the patient sleeps; numbness
wakes patient from sleep

Physical Exam

3. Thenar muscle atrophy and/or weakness _____ (5)
The bulk of the thenar muscle area is reduced or manual motor
testing shows strength of grade 4 out of 5 or less
4. Positive Phalen test _____ (5)
Flexion of wrist reproduces or worsens symptoms of numbness
in the median nerve distribution
5. Loss of 2-Point Discrimination _____ (4.5)
A failure to discriminate two points held 5 mm or less apart from
one another, in the median nerve innervated digits
6. Positive Tinel sign _____ (4)
Light tapping over the median nerve at the level of the carpal tunnel
causing radiating paraesthesias into the median innervated digits

TOTAL _____ (26)

A score of 12 or greater is associated with 80% probability of carpal tunnel syndrome
Higher total values increase the probability of carpal tunnel syndrome
Reference: Graham, B. J Bone Joint Surg Am. 2008;90:2587-93.