

**Getting Evidence into Clinical Practice:
Musculoskeletal Research Facilitation Group (CAT Group)**

Date:10/05/2018

Specific Question:

In adults with mild to moderate carpal tunnel syndrome (CTS) are physiotherapy led exercises better than no treatment in improving pain and function?

Clinical bottom line

There is no evidence found that can answer this question.

Why is this important?

CTS is the commonest peripheral neuropathy and causes considerable disability with pain, decreased function and work absence.

Although clinically treatment of patients with this condition was rare, it raised the question what is the best evidence based physiotherapy treatment for carpal tunnel syndrome.

Search timeframe (e.g. 2006-2016)

Inclusion Criteria

	Description	Search terms
Population and Setting	Adults with carpal tunnel syndrome	Adults with carpal tunnel syndrome. Excluding pregnancy related CTS
Intervention or Exposure	Physiotherapy-led exercises	Physiotherapy, exercises, interventions
Comparison, if any	No treatment, usual care	No treatment, usual care
Outcomes of interest	Return to work, recovery of function and decreased pain	Cost effective, recovery of function, pain
Types of studies	RCT's and systematic reviews	

CAT Lead: Julie Shufflebotham.

Date CAT completed: February 2018

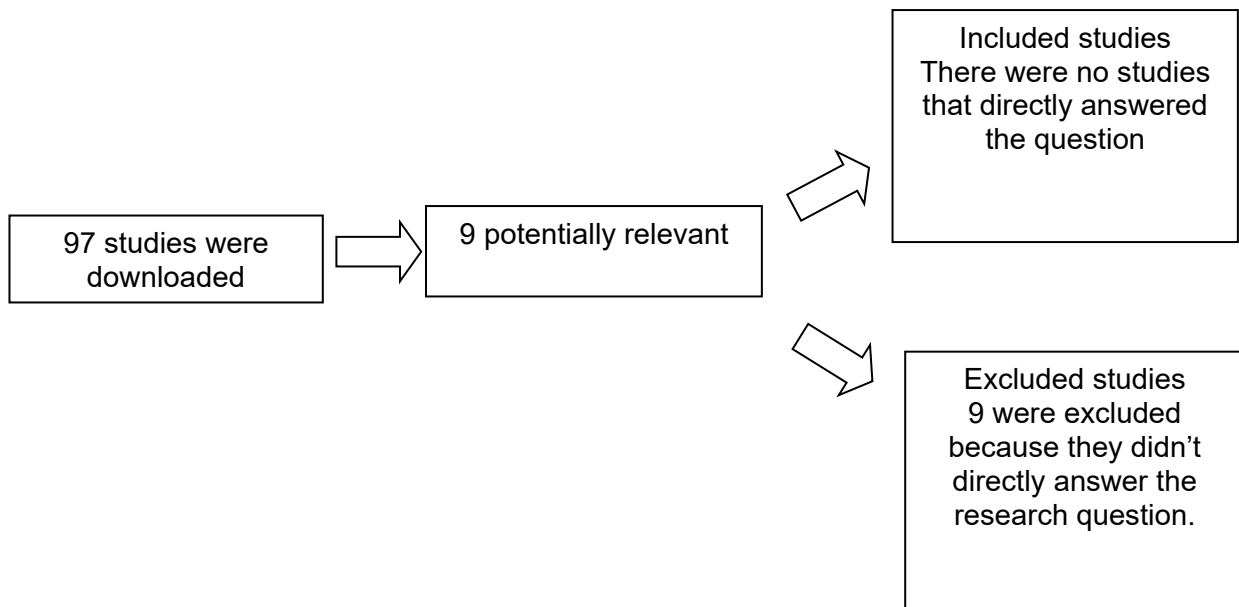
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Routine Databases Searched

Cochrane Systematic Reviews, DARE/HTA/NHSEED, Medline, CINAHL, AMED, Joanna Briggs Institute, Cochrane (CENTRAL), Web of Science, Embase, OT seeker, PEDRO, TRIP, Google Scholar, NHS Evidence.

Date of search- 19th December 2016

Results of the search



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Table 1- Detail of included studies

Summary

None of the nine clinical trials identified from the abstracts directly answered the clinical question, comparing exercise to no intervention

Implications for Practice/research

There should be no change in clinical practice. Further research is required to compare exercises and no intervention.

What would you tweet? (140 characters)

There is no current evidence to explore if physiotherapy led exercises are better than no treatment in improving pain and function for adults with mild to moderate carpal tunnel syndrome.