

## Carpal Tunnel Syndrome Pathway

### Start here

Patient presents with hand pain, tingling, numbness in median nerve distribution

### GP Assesment

- History and questionnaire
- Examination: Thenar muscle wasting, sensory loss
- Tinels & Phalens test

Score: Less than 3

CTS Unlikely. Reconsider diagnosis

Score: 3-4

CTS possible. Trial of activity modification + neutral wrist splint

Score: 5+

CTS likely

- Permanent numbness
- Thenar muscle wasting

### Conservative management

- Simple analgesia
- Modification of activities
- Workplace adaption/OT assessment
- Neutral wrist splinting
- Corticosteriod injection

Refer to MSK Sheffield  
(Orthopaedic - Wrist & Wrist)