

Pain from carpal tunnel syndrome reduced with dynamic splinting: A retrospective study of 156 patients

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Carpal tunnel syndrome (CTS) affects over six million Americans each year, and the chief complaint are pain and paresthesia. The US Center for Disease Control estimates an expense of \$3.5 billion dollars for this pathology, making CTS the most expensive peripheral neuropathy in the United States. The purpose of this retrospective study was to examine the effect of using dynamic splinting on 156 patients (mean age 55.2 ± 15.6) diagnosed with CTS, (2007 to 2009 May). The Levine-Katz Function/Disability survey is commonly used in diagnosing CTS and this was the outcome measure of this study. This study tracked patients' results during the first two months using this new treatment modality. There was a significant change (reduction) in the scores of the Levine-Katz Function/Disability survey which showed decreased pain of 26%, ($P < 0.0001$, $T = 12.624$). Dynamic splinting was effective in reducing pain and associated symptoms for patients diagnosed with CTS in this study.

Key words: Dynasplint, home therapy, Levine-Katz pain survey, rehabilitation.