



AB125. Ten year results of mini open carpal tunnel release for severe carpal tunnel syndrome-sustained clinical improvement

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Background: The goal of this retrospective study was to use a validated measure of pain and functional to assess the long-term outcomes of patients undergoing mini open carpal tunnel release for severe carpal tunnel syndrome (CTS). This addresses the current paucity of data available with reference to outcomes of patients with severe carpal tunnel syndrome more than 10 years post-operatively.

Methods: Hospital coding database review and subsequent retrospective chart and theatre logbook review was performed identifying 168 patients who had undergone mini open carpal tunnel release surgery in our tertiary referral centre between 2006–2008. We included patients with confirmed severe CTS on electromyography studies

with a mean follow-up of 10.76 years. We measured the effect of age, gender, diabetes, smoking and pre-operative symptoms on long term outcomes. The validated Boston Carpal Tunnel Questionnaire (BCTQ) score was used to record post operative symptoms and function. Patient satisfaction and re-operation rates were also documented.

Results: Of 163 consecutive carpal tunnel decompressions performed between 2006 and 2008, we report on 92 operation results performed on 92 patients, at least 10 years after surgery. The mean BCTQ symptom score was 1.2 and mean FSS was 1.4. Of those experiencing numbness pre-operatively, 99% experienced resolution of same, and while 86% of the cohort had pre-operative pain—all but one were pain free post-operatively. Although diabetes and smoking are known risk factors for developing carpal tunnel syndrome they do no effect long term outcomes after surgery.

Conclusions: Our results suggest the long-term results of mini-open carpal tunnel release are excellent and we support its ongoing use.

Keywords: Carpal tunnel syndrome; median nerve neuropathy; open carpal tunnel release

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