E-Poster

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Comparison of the Effectiveness of Manual Therapy and Neurodynamic Techniques in the Management of Idiopathic Carpal Tunnel Syndrome

Topic: Physical Modalities

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BACKGROUND

Carpal tunnel syndrome (CTS) is a group of symptoms caused by irritation of the median nerve in the carpal tunnel. It is often idiopathic and frequently found in manual workers. It causes neuropathic pain that negatively affect the quality of life. The aim of this study was to compare the contribution of manual therapy versus neurodynamic techniques in the management of moderate idiopathic CTS.

METHODS

A prospective comparative study included patients with moderate CTS divided into group A: manual therapy and group B: neurodynamic techniques. The rehabilitation protocol was carried out over a four-week period with three sessions per week. The evaluation was based the Visual Analog Scale (VAS) for pain and the BCTQ (Boston Carpal Tunnel Questionnaire) and Quick DASH (Quick Disabilities of the Arm, Shoulder, and Hand) functional scores.

RESULTS

At the end of the protocol, both groups had an improvement in pain and functional scores with a superiority of the neurodynamic group for the pain score (VAS), the Quick DASH and the BCTQ-SSS (Boston Carpal Tunnel Questionnaire - Symptom Severity Scale) score.

CONCLUSION

Manual therapy and neurodynamic techniques are effective on pain, functional signs in moderate idiopathic CTS but neurodynamic techniques showed superiority in this study on pain and functional scores.

Statement of Disclosures

None

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