E-Poster

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Effects of Local Massage on Patients With Carpal Tunnel Syndrome: A Preliminary Report of a Randomized Controlled Trial

Topic: Miscellaneous

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BACKGROUND

Carpal tunnel syndrome (CTS), a common entrapment neuropathy of the median nerve within the carpal tunnel, is frequently treated with conventional methods such as medication, splinting, and physiotherapy, including paraffin treatments. Although local massage therapy has been suggested, the additive effectiveness of massage for CTS remains poorly understood. Therefore, this study aimed to evaluate the additive benefits of massage in patients diagnosed with CTS.

METHODS

Nineteen patients with CTS were consecutively recruited and randomly assigned to either the conventional treatment group (Group I, 9 patients) or the massage group (Group II, 10 patients). Each subject completed the Boston CTS questionnaire and the Disability of the Arm, Shoulder and Hand (DASH) questionnaire and underwent physical examinations and nerve conduction studies of the upper extremities before and after treatment for two months. Group I received conventional treatments (a night splint and paraffin therapy), while Group II received conventional treatments plus additional local massage treatment.

RESULTS

While both study groups experienced significant improvements in distal median sensory latency, as evidenced by nerve conduction studies, only Group I exhibited significant improvement in the DASH questionnaire. Notably, Group I also showed a significantly greater reduction in symptom severity scores compared to Group II.

CONCLUSION

All CTS patients showed improvements in electrophysiological study after night splinting and paraffin treatments for two months; however, this study did not show additive effects of massage therapy on CTS. Further longitudinal studies with larger sample sizes were recommended.

Statement of Disclosures

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