

Carpal Tunnel Syndrome Scoring

Alongside medical advice, this questionnaire can help confirm if you have a diagnosis of Carpal Tunnel Syndrome (CTS) or not. The questionnaire has been shown to have similar predictive values to special nerve conduction tests that are performed in medical centres.

If you think you might have CTS, complete the questions below and take a note of your score. You are then welcome to make a suitable booking with us according to the recommendations in the table below:

Score	Outcome	Appointment Recommendation
5 or more	Likely to be Carpal Tunnel Syndrome	One-Stop Shop appointment which includes a consult and decompression procedure in one
3-4	Requires further consultation before any procedure is recommended	Please book a Video consultation or an In-person consultation . An In-person consultation may include provision of a steroid injection and night splint, if found to be suitable.
0-2	Unlikely to be Carpal Tunnel Syndrome	We advise you to seek advice from your GP

INSTRUCTIONS → Circle YES, NO or N/A and total your score accordingly

Question	Answers	Score
Has pain in the wrist woken you at night?	YES = 1 NO = 0	
Has tingling and numbness in your hand woken you during the night?	YES = 1 NO = 0	
Has tingling and numbness in your hand been more pronounced first thing in the morning?	YES = 1 NO = 0	
Do you have/perform any trick movements to make the tingling, numbness go from your hands?	YES = 1 NO = 0	
Do you have tingling and numbness in your little finger at any time?	YES = 0 NO = 3	
Has tingling and numbness presented when you were reading a newspaper, steering a car, holding a telephone or knitting?	YES = 1 NO = 0	
Do you have any neck pain?	YES = -1 NO = 0	
Has the tingling and numbness in your hand been severe during pregnancy?	YES = 1 NO = -1 N/A = 0	
Has wearing a splint on your wrist helped the tingling and numbness?	YES = 2 NO = 0 N/A = 0	
	Total Score	=