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Analysis of the management of carpal tunnel syndrome: management, treatment and outcomes. Response to Encarnacion-Santos et al.

Análisis del manejo del síndrome del túnel carpiano: manejo, tratamiento y resultados. Respuesta a Encarnacion-Santos et al.

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Dear Editor,

We read with great interest the recent article by Encarnacion-Santos et al.[1], "Analysis of the management of carpal tunnel syndrome: management, treatment and outcomes", published in the last number of Latin Neurosurgery. This paper adds mounting evidence to the efficacy of decompressive surgery in carpal tunnel syndrome (CTS) treatment.

We would like to comment the results of two studies demonstrating the additional efficacy of surgery vs local corticosteroid injections in CTS treatment, that can be of interest to your readers.

In 2005 we published the first randomized clinical trial including 163 wrists, comparing decompressive surgery vs local corticosteroid injections in primary CTS[2]. Clinical and neurophysiologic assessments were done at baseline and 12 months after treatment. The results showed that despite both treatment modalities were equally effective in treating CTS symptoms, only release surgery resulted in an improvement of the nerve conduction studies at 12-month follow-up[3].

Furthermore, a six-year follow-up of these patients[4] showed that in the long-term (mean 6.3 years, median 5.9 years follow-up), decompressive surgery was more effective than corticosteroid injections in primary CTS.

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