

## 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 to enhance your understanding, or let your healthcare team know your score at your next appointment.

INSTRUCTIONS: Circle YES, NO or N/A	
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
<b>TOTAL =</b>	
<ul style="list-style-type: none"> <li>• A score of less than 3 = <b>unlikely</b> to be CTS.</li> <li>• A score of 5 or more = <b>likely</b> to be CTS.</li> <li>• Score 3 or 4 = <b>unclear</b>.</li> </ul>	