American Academy of Orthopaedic Surgeons clinical practice guideline on management of carpal tunnel syndrome.

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American Academy of Orthopaedic Surgeons (AAOS)

American Academy of Orthopaedic Surgeons (AAOS). American Academy of Orthopaedic Surgeons clinical practice guideline on management of carpal tunnel syndrome. Rosemont (IL): American Academy of Orthopaedic Surgeons (AAOS); 2024 May 18. 72 p. [270 references]

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Overview

Guideline Objective

To help facilitate evidence-based decision making in the diagnosis and treatment of patients with carpal tunnel syndrome (CTS)

Patient Population

Adult patients (≥18 years of age) presenting with complaints which may be attributable to CTS

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Guidance on diagnostic techniques, including evaluation tool and imaging
- Pharmacologic and non-pharmacologic treatment options
- Surgical management, including techniques, modes of anesthesia, and postoperative management

Note: Refer to the original guideline for full recommendation statements.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- e-Appendix 1.
- e-Appendix 2.
- Review Period Report.
- AAOS Clinical Practice Guideline Methodology.

Implementation Tools

- Slide Set; 2024 May 18.
- Infographic.
- OrthoGuidelines App.

Patient Education

- Impactful Statements: Carpal Tunnel Syndrome.
- Carpal Tunnel Syndrome Animation; 2023 Jun.
- Carpal Tunnel Syndrome; 2022 Mar. Also available in Spanish; 2019 Sep.
- Therapeutic Exercise Program for Carpal Tunnel Syndrome; 2022 Jun.
- Carpal Tunnel Syndrome Handout; 2016.

Note: This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

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TRUST Scorecard

Composition of Guideline Development Group (GDG)

Multidisciplinary GDG Members	**Yes**
Methodologist Involvement	**Yes**
Incorporation of Patient and Public Perspective	

Systematic Review of Evidence

Literature Search	
Study Selection	
Evidence Synthesis	

Foundations for Recommendations

Strength of Evidence Grade	
Description of Benefits and Harms of Recommendations	
Summary of Evidence Supporting Recommendations	
Strength of Recommendations Rating	
Clear Articulation of Recommendations	

Funding Source **Yes**

Disclosure and Management of Financial Conflicts of Interests 

External Review 

Updating 

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