

CTS-6 Evaluation Tool

The Value Added by Electrodiagnostic Testing in the Diagnosis of Carpal Tunnel Syndrome *Brent Graham J Bone*
Joint Surg Am. 2008;90:2587-2593

Symptoms and History

- 1. Numbness predominantly or exclusively in the median nerve territory** _____ (3.5)
 Sensory symptoms are mostly in the thumb, index, middle and/or ring fingers
- 2. Nocturnal numbness** _____ (4)
 Symptoms are predominantly the patient sleep; numbness wakes patient from sleep

Physical examination

- 3. Thenar atrophy and/or weakness** _____ (5)
 The bulk the thenar area is reduced or where manual motor testing shows strength of grade 4 less
- 4. Positive Phalen's test** _____ (5)
 Flexion of the wrist reproduces her worsened symptoms of numbness in the median nerve territory
- 5. Loss of 2 point discrimination** _____ (4.5)
 Failure to discriminate 2 points held 5 mm or less apart from one another, in the median innervated digits
- 6. Positive Tinel sign** _____ (4)
 Light tapping over the median nerve at the level of the carpal tunnel causing radiating paraesthesias
- Total** _____ (26)

>12 = 0.80 probably of carpal tunnel syndrome
 >5 = 0.25 probably of carpal tunnel syndrome

*Disclaimer: This tool is modified from published literature validating the use of the CTS-6. It is not intended to be used for the diagnosis of any medical condition without evaluation by your physician. The diagnosis and treatment of any medical condition should be performed by a trained physician.

