

Retrospective Analysis of Surgical Treatment for Carpal Tunnel Syndrome by Endoscopic Release

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Objective: Retrospective Evaluation of the Endoscopic Carpal Tunnel Release, considering the symptoms, the returning to daily activities and work, as well as patient satisfaction.

Material and Methods: Between July 2009 and November 2010, 25 endoscopic carpal tunnel releases were performed with the Agee method. Twenty five wrists were operated on 23 patients. All procedures were performed by the same surgeon as well as pre and post-operative evaluation with at least 9 months of follow-up. The criteria of exclusion used were on patients having double crush symptoms and atrophy of thenar region

The post-operative results were evaluated by a numerical scale from zero to ten, zero being the worst and ten the best result.



Results: All patients had a significant improvement of paresthesia. Until the 1st dressing, held between 4 and 7 days after surgery, 16 patients reported complete improvement from the symptoms. Three patients had residual numbness in fingertips, with significant improvement in 8 weeks. Four patients reported paresthesia in radial edge of 4th finger that lasted for 6 weeks and decrease thereafter. Pain on pillars region was present in 11 patients until the 12th post-operative week and one till the 24th week.

All patients were allowed to return to their activities after 2 weeks, including driving and working, providing that they took care not effort too much pressure on the hand. There were no median nerve injuries in that group.

The final result showed the degree of patient satisfaction and was related as follow: 20 patients gave grade ten, two a grade of 8 and one a grade of 7.

Conclusion: Endoscopic carpal tunnel release with Agee method is very effective in the treatment of the Carpal Tunnel Syndrome. The degree of patient satisfaction is high and it would therefore be the method of choice if there were a need to perform the same procedure on the contralateral side.