

Lasting outcomes similar for carpal tunnel release surgeries

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(HealthDay)—For patients with carpal tunnel syndrome (CTS), long-term outcomes are similar for open and endoscopic release surgery, according to a research letter published in the Oct. 6 issue of the *Journal of the American Medical Association*.

Isam Atroshi, M.D., Ph.D., from Lund University in Sweden, and colleagues conducted a randomized trial comparing open and endoscopic release among [patients](#) aged 25 to 60 years with CTS. Patients underwent extended follow-up with a questionnaire that included the validated Levine-Katz 11-item CTS symptom severity scale and eight-item functional status scale. Complete follow-up data for all outcome measures were provided by 124 patients between 11.3 and 15.7 years after [surgery](#).

The researchers found that symptom severity score improvement, which was similar in both groups at one year, was maintained at follow-up. In the open group, the symptom severity scores were 3.1, 1.4, and 1.4 at baseline, one year, and follow-up, respectively; in the endoscopic group, the corresponding scores were 3.2, 1.4, and 1.4. The adjusted mean between-group difference in change was ± 0.03 from baseline ($P = 0.79$) and ± 0.03 from one year ($P = 0.76$). Secondary

outcomes did not differ between the groups.

"After a mean follow-up of 12.8 years after CTS surgery, there were no significant differences between open and endoscopic carpal tunnel [release](#)," the authors write. "The large symptom and functional improvements and high level of patient satisfaction achieved with surgery were durable."

More information: [Full Text \(subscription or payment may be required\)](#)

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