



# Carpal Tunnel Syndrome

Update on diagnosis and treatment

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No conflicts of interest to declare

# Learning objectives

- To review some anatomical aspects of carpal tunnel and median nerve that are relevant to clinical practice
- To review clinical manifestations of the syndrome
- To discuss diagnostic methods, and their advantages and limitations
- To review the present state of different treatments

# Key message

- In spite of its frequency, carpal tunnel syndrome continues to be a diagnostic and therapeutic challenge for neurologists.
- As its treatment frequently implies surgical therapy, it is absolutely necessary to comprehensively apply the classical neurological method to reach a syndromatic, topographic and etiological diagnosis.
- Several surgical and non surgical therapeutic alternatives are available. This requires considering the etiology, severity and characteristics of the patient, to select the most appropriate treatment.