Hand entrapment neuropathy syndromes

Paraesthesia and numbness of the hand

- Median nerve distribution
  - Check TFTs
  - Check cervical spine
  - Consider weight loss

- Carpal tunnel syndrome
  - Tinel’s sign *
  - and/or Phalen’s test ** may be positive

- Thenar muscle weakness and/or wasting

- Wrist splint (night use) consider steroid injection
  - Maximum 3-4/yr at 6-8/52 intervals

- No response

- Orthopaedics

- Rheumatology

Ulnar nerve distribution

- Ulnar neuritis
  - Elbow swelling
    - No
    - Yes

- Soon

*Tinel’s sign: Test positive if symptoms reproduced by percussion over and just proximal to transverse carpal ligament whilst wrist extended.

**Phalen’s test: Test positive if symptoms reproduced by wrist in maximum unforced flexion for 30 - 60 seconds.

Pressure provocative test: Test positive if symptoms reproduced by wrist in maximum flexion with pressure on the volar aspect of the wrist for 30 seconds.