

## Carpal Tunnel Syndrome Treatment with Open Surgical Release: a Study in 292 Patients

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Carpal tunnel syndrome is the most common peripheral neuropathy in the upper extremity due to compression of the median nerve at the wrist. It affects around 3 to 6 percent of adults, predominantly women. Clinically, the carpal tunnel syndrome is presented by numbness of the thumb, index finger, middle finger and the radial side of the ring finger, which becomes painful and aggravates at night. In the present article, we retrospectively review the results of 292 patients treated by simple open surgical decompression of the median nerve due to carpal tunnel syndrome. We also briefly review the literature data concerning this pathology including diagnosis and different treatment modalities. In conclusion, our results confirm that open carpal tunnel release by simple decompression is an effective and safe procedure that could be performed under local anaesthesia with timely return to daily activities and low risk of complications or relapse.

*Key words:* carpal tunnel syndrome, median nerve, compression, open release