

Pilot and feasibility Randomised Controlled Trial (RCT) – Evaluation of Technology-Enhanced, Group-based (TEG) model of care following Carpal Tunnel Release (CTR) surgery.

ACTRN12623000637640

Status	RECRUITING
Sponsor	Surgical Treatment and Rehabilitation Service (STARS)
Enrollment	84 participants

Plain Language Summary

Carpal tunnel syndrome (CTS) occurs when the median nerve running through the wrist is compressed, causing numbness, tingling, pain, and weakness in the hand. When symptoms are severe, surgery (carpal tunnel release) is recommended to relieve the pressure. After surgery, hand therapy helps restore movement, strength, and function — but standard face-to-face therapy appointments can be difficult to access.

This pilot study tests a new model of care called TEG (Technology-Enhanced, Group-based) hand therapy, which combines telehealth video appointments with a smartphone app that guides home exercises and monitors progress. The study will explore whether this model is acceptable and practical for patients, and whether it could replace some traditional in-person visits.

You may be eligible if you are 18 or older, have been diagnosed with carpal tunnel syndrome and listed for surgery at STARS (Surgical Treatment and Rehabilitation Service), and are able to read English. You will need a smartphone or tablet capable of running the app and supporting video calls. People who have had other concurrent hand surgery or have pre-existing complex hand conditions would not be eligible.

Key Eligibility Criteria

Inclusion (3)

- Patients with a clinical diagnosis of CTS (by treating surgeon) and listed for CTR surgery at STARS
- Aged 18 years of age or older
- Able to understand English

Exclusion (6)

- Patients who are not able to and not planning on returning to STARS for face to face in-person initial and review post-operative outpatient hand therapy appointments
- Patients who do not have access to a smart mobile phone or tablet computer capable of hosting the app-based home therapy program and supporting telehealth video communications
- Patients listed for CTR and concurrent hand surgical procedures (eg. Trigger finger release)
- Atypical CTS that is likely to require an alternative (ie. more intensive) intervention such as a person with a concurrent condition (e.g. pre-existing chronic hand pain syndrome, trauma-related symptoms ie. hand/wrist fracture, or systemic inflammatory condition)
- Prior hand / wrist surgery on the affected side within the last 6 months
- ... and 1 more (see full listing online)

Locations (1 total)

Surgical Treatment and Rehabilitation Service (STARS) - Herston, QLD, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000637640>

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