

Investigation of the Effectiveness of Cervicothoracic Exercises in Individuals With Carpal Tunnel Syndrome

NCT07410819

Status	RECRUITING
Phase	Not Applicable
Sponsor	Medipol University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (5)

- Age over 18
- Symptom duration of at least 12 weeks,
- Information about carpal tunnel syndrome received from a physician,
- Positive Tinel or Phalen test in carpal compression test,
- Pain intensity, Visual Analog Scale, at least 40 mm out of 100 mm

Exclusion (5)

- Any sensory or motor deficit in the ulnar or radial nerve
- History of previous surgery or injection in the wrist
- Trauma to the neck, shoulder, or upper extremity
- Pregnancy
- Concurrent cervical radiculopathy or polyneuropathy

Locations (2 total)

Istanbul Medipol University Pendik Hospital, Istanbul, Pendik, Turkey (Türkiye)

Istanbul Medipol University & Istanbul Medipol University Pendik Hospital, Istanbul, Pendik, Turkey (Türkiye)