

Carpal Tunnel Assessment

Patient information for numbness, pins and needles or hand weakness

Carpal tunnel syndrome can cause numbness, pins and needles, night symptoms, pain or weakness in the hand. Symptoms can affect sleep, grip and fine hand tasks.

Assessment helps confirm whether symptoms fit carpal tunnel syndrome and whether splints, activity changes, injections, nerve tests or surgery should be considered.

This information is general only and does not replace personalised medical advice. Your assessment, treatment options and recovery plan may differ. OrthoDocs is not an urgent or emergency service. For medical emergencies, call 111.

What assessment may cover

- Which fingers are affected, when symptoms occur and whether symptoms wake you at night.
- Hand strength, sensation and any signs of muscle wasting.
- Previous treatment such as splints, injections, therapy or medication.
- Whether nerve tests or other investigations would help clarify the diagnosis.

If surgery is discussed

- Carpal tunnel release aims to reduce pressure on the median nerve at the wrist.
- Numbness and weakness may improve gradually, but recovery varies and longstanding symptoms may not fully resolve.
- Risks, wound care, hand use and time away from work should be discussed before decisions are made.
- Some patients may be managed without surgery, depending on severity and goals.

Useful information to bring

- Details of symptom timing, affected fingers and night symptoms.
- Results of any nerve conduction tests, if already performed.
- A current medication list, allergies and relevant conditions such as diabetes or thyroid disease.
- Information about work or activities that are affected by symptoms.

Prepared for OrthoDocs patients and referrers. Updated May 2026.