

A SYSTEMATIC REVIEW OF THE EFFECTIVENESS
OF ACUPUNCTURE IN TREATING
CARPAL TUNNEL SYNDROME

***Pacific College
of Oriental Medicine
7445 Mission Valley Rd. Ste. 105
San Diego, CA 92108-4407***

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by

Sima Jalilizeinali

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ABSTRACT

Background: Carpal tunnel syndrome (CTS) is a disorder caused by compression of the median nerve at the wrist. Typical symptoms include sensory impairment, such as numbness, tingling, pain, and muscular dysfunction in the wrist and fingers. The motor symptoms of CTS include weakness of the muscle. Acupuncture is one of the widely used conservative forms of treatments for CTS.

Objectives: The objective of this systematic review was to evaluate the evidence of the effectiveness of acupuncture for treating CTS.

Search strategy: The following electronic data bases were searched: (1990 to December 2011) MEDLINE, EMBASE, CINHL, PubMed, and Cochrane.

Selection criteria: Randomized studies in the English language of participants with the diagnosis of carpal tunnel syndrome were included. All nonsurgical treatments were considered.

Data collection and analysis: All articles were screened by title, and their abstracts were extracted and independently reviewed to determine their eligibility for potential inclusion in this review.

Findings: Acupuncture is an effective treatment for early and mild to moderate cases of CTS. Further studies are required to compare different acupuncture modalities and determine the duration of benefits.