

### Local corticosteroid injections for carpal tunnel syndrome (cts)

<b>Clinical question</b>	How effective are local corticosteroid injections for carpal tunnel syndrome (cts)?
<b>Bottom line</b>	Local corticosteroid injections for cts provide greater clinical improvement in symptoms one month after injection compared to placebo (NNT = 1). They also provide significantly greater clinical improvement compared to oral corticosteroids up to three months after treatment. Two injections do not provide significant further clinical improvement of symptoms.
<b>Caveat</b>	Significant symptom relief beyond one month has not been demonstrated.
<b>Context</b>	Cts is a common problem with a prevalence of 3.8% in the general population. Up to 1/3 of patients can have spontaneous improvement in their symptoms without any formal medical treatment.
<b>Cochrane Systematic Review</b>	Marshall S et al. <b>Local corticosteroid injection for carpal tunnel syndrome</b> . Cochrane Review 2007. Issue 1. This review contains 12 trials and 671 participants.
Pearls No. 21 May 2007 (Brian R McAvoy)	

PEARLS are succinct summaries of Cochrane Systematic Reviews for primary care practitioners. They are funded by the New Zealand Guidelines Group.

PEARLS provide guidance on whether a treatment is effective or ineffective. PEARLS are prepared as an educational resource and do not replace clinician judgement in the management of individual cases.

View PEARLS online at:

- [www.cochraneprimarycare.org](http://www.cochraneprimarycare.org)