

# Carpal Tunnel Syndrome Questionnaire

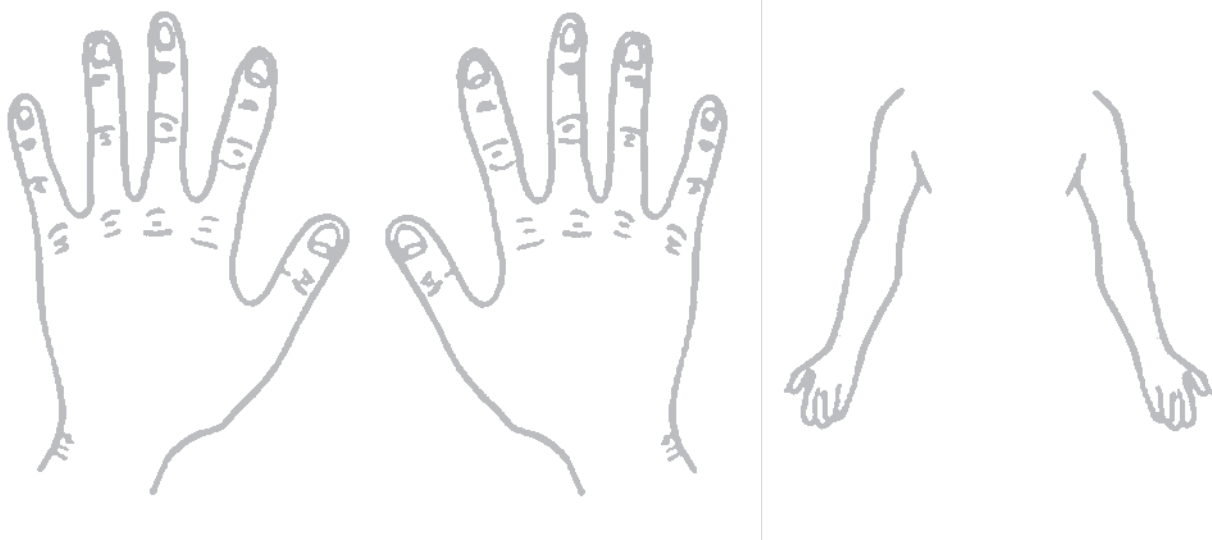
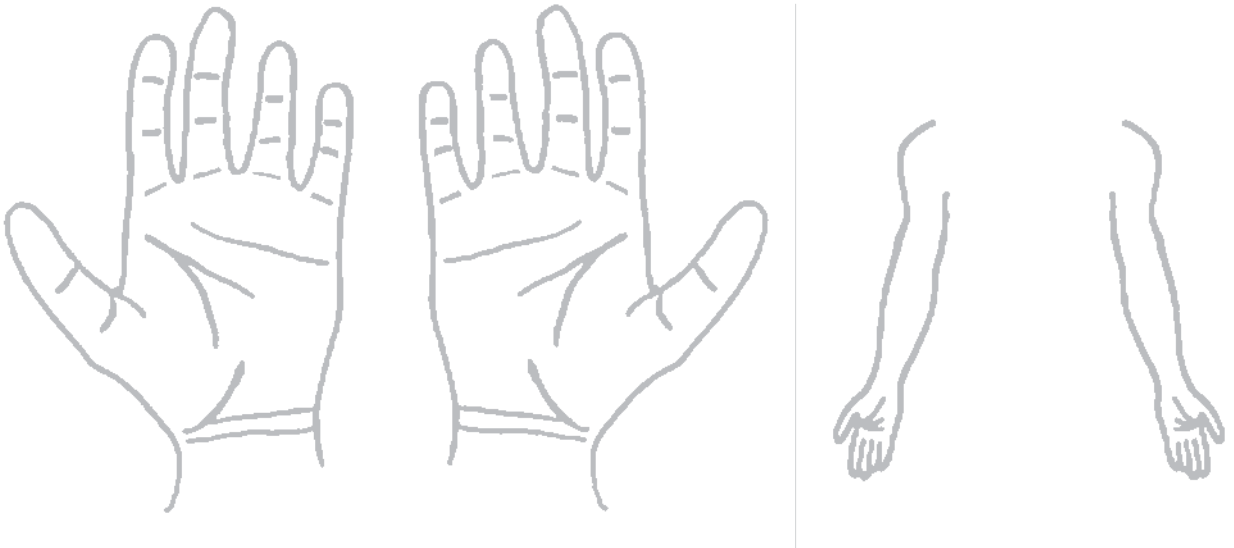
The following questions refer to your RIGHT or LEFT hand symptoms in a typical 24 hour period during the PAST WEEK. Circle your answers.

<b>QUESTION 1</b> How severe is the hand or wrist pain you have at NIGHT?	No Pain at Night 1	Mild Pain 2	Moderate Pain 3	Severe Pain 4	Very Severe Pain 5
<b>QUESTION 2</b> How often did hand or wrist pain at NIGHT wake you up during a typical night in the past week?	Never 1	Once 2	Two to three times 3	Four to five times 4	More than five times 5
<b>QUESTION 3</b> Do you typically have pain in your hand or wrist during the DAYTIME?	Never 1	Once or twice a day 2	Three to five times a day 3	More than five times a day 4	Pain is constant 5
<b>QUESTION 4</b> How severe is the hand or wrist pain you have at NIGHT?	Never 1	Mild Pain 2	Moderate Pain 3	Severe Pain 4	Very Severe Pain 5
<b>QUESTION 5</b> How long, on average, does an episode of pain last during the daytime?	I never get pain during the day 1	10 minutes or less 2	10 to 60 minutes 3	Greater than 60 minutes 4	Pain is constant throughout the day 5
<b>QUESTION 6</b> Do you have numbness (loss of sensation) in your hand?	No 1	Mild 2	Moderate 3	Severe 4	Very Severe 5
<b>QUESTION 7</b> Do you have weakness in your hand or wrist?	No 1	Mild 2	Moderate 3	Severe 4	Very Severe 5
<b>QUESTION 8</b> Do you have tingling sensations in your hand?	No 1	Mild 2	Moderate 3	Severe 4	Very Severe 5
<b>QUESTION 9</b> How severe is numbness (loss of sensation) or tingling at night?	No 1	Mild 2	Moderate 3	Severe 4	Very Severe 5
<b>QUESTION 10</b> How often did hand numbness or tingling wake you up during a typical night during the PAST WEEK?	Never 1	Once 2	Two to three times 3	Four to five times 4	More than five times 5
<b>QUESTION 11</b> Do you have difficulty with grasping and using small objects such as keys or pens?	No 1	Mild 2	Moderate 3	Severe 4	Very Severe 5

**TO SCORE:** add up the numbers you have circled, then divide the total by 11. This should result in a number between 1 and 5. That is your "symptom" score.

## Carpal Tunnel Syndrome Diagrams

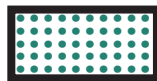
Using the symbols indicated, mark the areas on your hands where you feel the described sensations.



**Pain**



**Tingling**



**Numbness**



**Decreased sensation**