



## Background

- Many studies have compared endoscopic versus open carpal tunnel release, but few have compared the differences in patient reported outcomes
- We hypothesize that patient reported outcomes (QuickDASH score) will be improved following endoscopic carpal tunnel release (ECTR) compared to open carpal tunnel release (OCTR).

## Methods

- A prospective, hand surgery registry was created to evaluate patient reported outcomes and track patient recovery
- Outcomes for QuickDASH score were collected with automated electronic surveys
- A total of 1,131 patients who underwent either open (892 patients) or endoscopic (239 patients) carpal tunnel release were included in this study

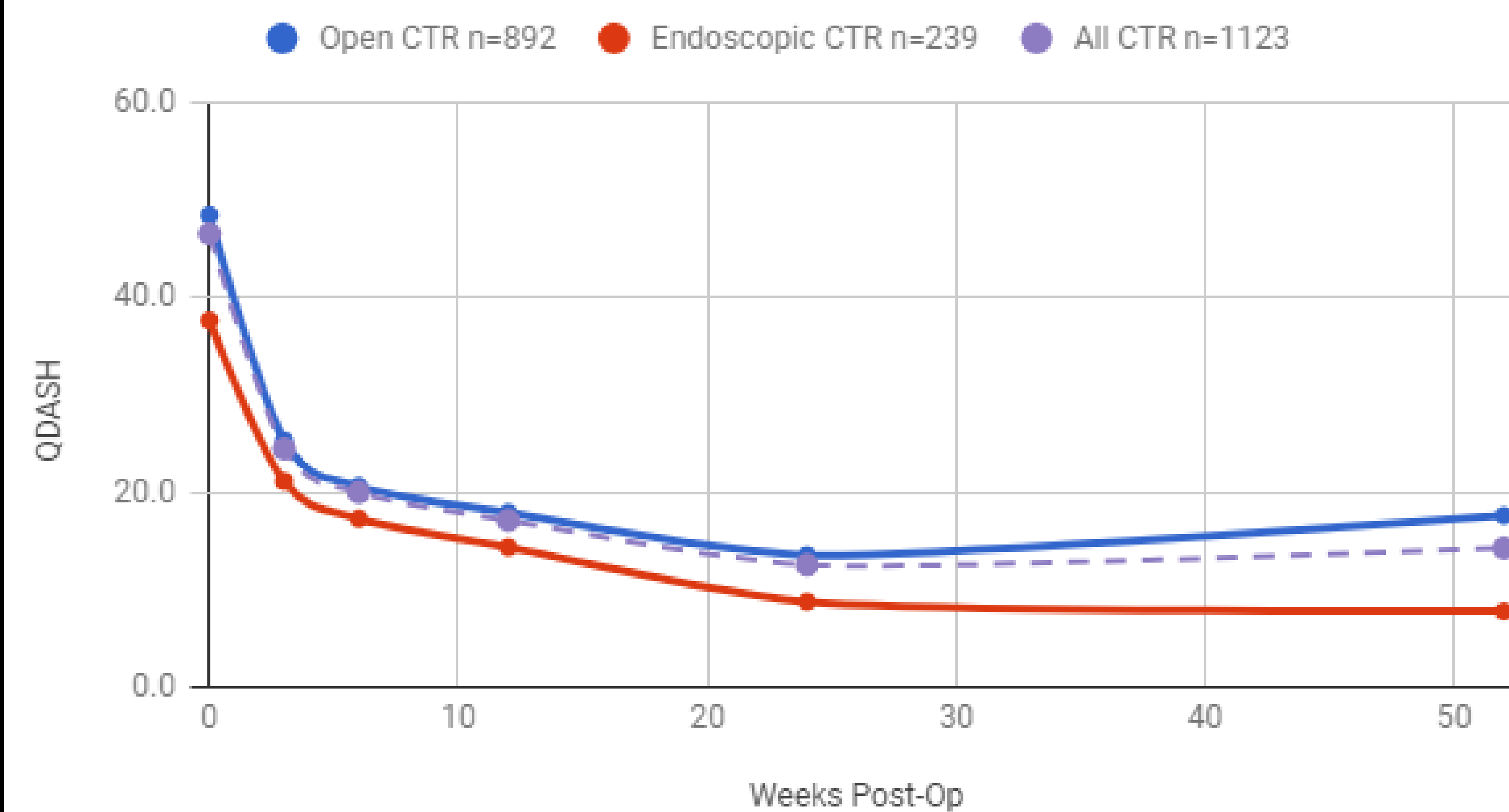
## Results

- Both groups showed marked improvement in QuickDASH function scores over the first three weeks
- The ECTR group had lower QuickDASH scores and better function throughout the recovery process
- At 1 year, the ECTR group had QuickDASH scores less than half that of the OCTR group
- The ECTR group was measured to be “fully recovered,” as defined by a QuickDASH score of 15 or less, at the 6 month timepoint

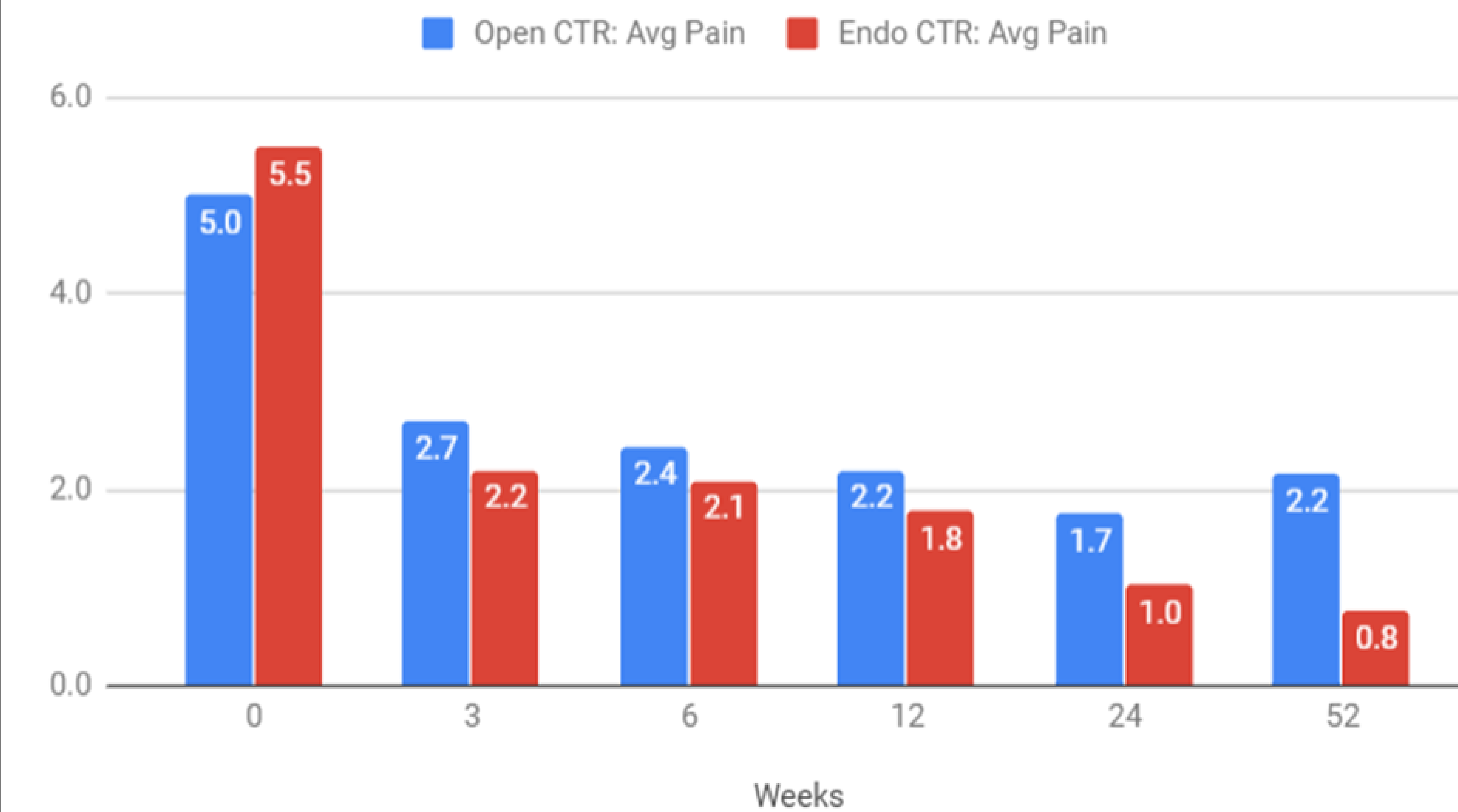
## Summary Points

- It is important to consider patient reported outcomes when evaluating surgical treatments
- Recovery from endoscopic carpal tunnel release had a lower QuickDASH score with more patients achieving a full recovery compared to open carpal tunnel release
- Patient reported outcomes suggest that endoscopic carpal tunnel release may provide greater and more complete recovery than open carpal tunnel release.

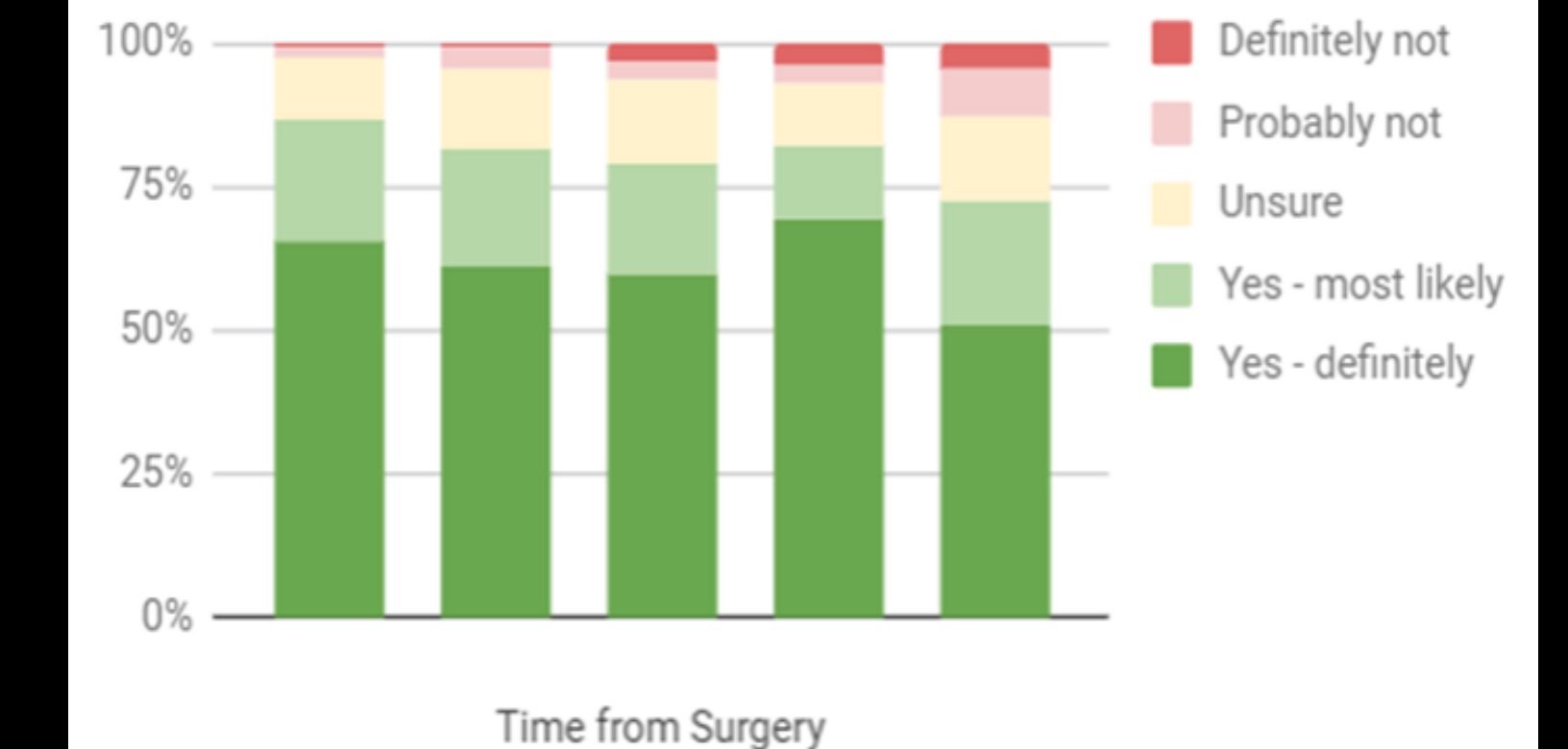
Open vs. Endoscopic CTR - 12 Month QDASH Trends



Open CTR vs Endo CTR: Average Pain



Open CTR- Would you Repeat Surgery?



Endoscopic CTR- Would you Repeat Surgery?

