

CTS questionnaire

1. How many hours a day do you work?

- a. 8-10hrs
- b. 6-8 hrs
- c. < 5hrs

2. The most common clinical feature of CTS is (PICK ONE BEST ANSWER)

- a. pain in wrist
- b. tingling & numbness
- c. weakness of thumb muscles
- d. overall decrease in handgrip
- e. muscle wasting

3. How to prevent CTS?

- a. avoid repetitive movements
- b. minimize the stress on wrist
- c. wear a splint while sleeping
- d. at rest, keep wrist in straight position

4. The most common treatment for CTS is/are

- a. oral analgesics
- b. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)
- c. a steroid injection
- d. splint

5. CTS can affect

- a. sleep
- b. job performance
- c. social life

6. Which chronic disease is a risk factor for CTS?

- a. diabetes mellitus
- b. rheumatoid arthritis
- c. hypothyroidism
- d. amyloidosis