

BOB ICB and Frimley ICB Priorities Committee Clinical Commissioning Policy Statement

Policy Number/ Name	BOBFPC19 Carpal Tunnel Syndrome
Date of BOBFPC Recommendation	February 2024

Carpal Tunnel Release will be funded in line with the NHS England (2018; updated 2019) Evidence Based Interventions Statutory Guidance:

Mild cases of Carpal Tunnel Syndrome with intermittent symptoms causing little or no interference with sleep or activities require no treatment. Cases with intermittent symptoms which interfere with activities or sleep should first be treated corticosteroid injection(s), night splints or physiotherapy.

Surgical treatment of carpal tunnel syndrome will be considered if one of the following criteria is met:

- The symptoms significantly interfere with daily activities and sleep symptoms and have not settled to a manageable level with either one local corticosteroid injection and/or nocturnal splinting for a minimum of 8 weeks;

OR

- There is either:
 - A permanent (ever-present) reduction in sensation in the median nerve distribution;

OR

- Muscle wasting or weakness of thenar abduction (moving the thumb away from the hand). Routine nerve conduction studies are not normally necessary in primary or intermediate care.

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ICD10 Diagnosis Codes

G56.0 Carpal Tunnel Syndrome OPCS

Procedure Codes

A65.1 Carpal Tunnel Release

A69.2 Revision of carpal tunnel release

NOTES:

- Potentially exceptional circumstances may be considered by a patient's ICB where there is evidence of significant health status impairment (e.g. inability to perform activities of daily living) and there is evidence that the intervention sought would improve the individual's health status.
- This policy was developed and recommended by Thames Valley Priorities Committee which was the predecessor of Buckinghamshire, Oxfordshire, and Berkshire West ICB and Frimley ICB Priorities Committee.
- This policy will be reviewed in the light of new evidence or new national guidance, e.g., from NICE.
- BOBFPC clinical policy statements can be viewed at [Clinical Commissioning Policy Statements & IFRs | BOB ICB](#)