

## **AAPM&R #3**

### **Myofascial release massage device treats carpal tunnel syndrome**

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**Objective:** To study longer term effects of a myofascial release massage device (Carpal Rx) on symptoms of carpal tunnel syndrome (CTS).

**Design:** Non-randomized, un-blinded, un-controlled survey.

**Setting:** Telephonic survey at patient's home.

**Participants:** Subjects were randomly chosen from the customer database of Carpal Pain Solutions, Inc. Subjects were contacted telephonically and consented to answer 10 survey questions. Each subject had a CTS diagnosis and used the Carpal Rx within the prior 12-18 months. Pre therapy CTS severity ranged from moderate to severe. 25 males (mean age 47) and 19 females (mean age 51) completed the survey.

**Interventions:** All subjects used the Carpal Rx as therapy for their CTS.

**Main Outcome Measures:** Each 10 questions of a survey involved asking the respondent to choose from a scale of 0-10 corresponding to their answer (e.g., "very dissatisfied" to "very satisfied" or "no pain" to "extreme pain"). Question topics were entitled; 1) therapy length of time in weeks, 2) pain level before therapy, 3) pain level after therapy, 4) percent of symptomatic resolution, 5) percent symptoms recurrence, 6) number of days device was re-used for therapy, 7) perceived need for doctor follow-up, other therapy, or surgery, 8) percent overall satisfaction of device, 9) rating level of device's value, and 10) level you would recommend it to a friend.

**Results:** Responses relative to the topics above are represented as mean values of male/female: 1) 5.1/6.9, 2) 7.5/8.8, 3) 1.1/1.7, 4) 96/95, 5) 1.9/1.0, 6) 14.8/6.5, 7) 0.7/1.4, 8) 98.8/94.3, 9) 98.8/94.3, 10) 98.8/94.3.

**Conclusions:** The automated myofascial release manipulator device (Carpal Rx) demonstrates high levels of patient satisfaction and effectiveness. These medium-term results mirror shorter term results (under 12 months) obtained in prior studies. Significantly, no subject had surgery following Carpal Rx therapy. Taken together, the data suggest Carpal Rx is an effective means for treating the symptoms of carpal tunnel syndrome.