

Test

Carpal Tunnel Syndrome (CTS)

1. Carpal tunnel syndrome is :

- a. always chronic and persistent
- b. temporary condition in some cases

2.CTS results from:

- a. pressure on or compression of the median nerve in the wrist
- b. cracking your knuckles
- c. falling asleep on your arm

3 .Symptoms of carpal tunnel syndrome which occur in the hand include:

- A .pain
- b. numbness
- c. tingling, burning or itchiness
- d. weakness
- e. all of the above
- f. none of the above

4. Symptoms of CTS do not usually affect the:

- a. index finger
- b. thumb
- c. little finger

5. Which statement is true? With carpal tunnel fingers:

- a. may feel swollen even if they are not visibly swollen
- b. never are swollen

6. Conditions which can lead to CTS include:

- a. arthritis
- b. fluid retention from pregnancy or menopause

- c. diabetes
- d. injury or trauma
- e .all of the above
- f. none of the above

7. Though CTS can occur anytime ,carpal tunnel symptoms usually are more bothersome during the:

- a. morning
- b. afternon
- c. night

8. Diagnostic tests for carpal tunnel syndrome may include:

- a. Tinel`s sign
- b. Phalen`s maneuver
- c. nerve conduction velocity study
- d .all of the above
- e .none of the above

9. Tinnel`s sign is performed by:

- a. tapping over the nerve to elicit a tingling sensation
- b. bending the writ forward to provoke a tingling sensation

10. Phalen`s maneuver is performed by:

- a. moving the wrist from side to side
- b .bending the wrist forward to provoke a tingling sensation

11. Treatment options for carpal tunnel syndrome can include:

- a. splinting
- b. medications including NSAIDS and corticosteroids
- c. modifying activities and rest
- d. surgery(carpal tunnel release)
- e. all of the above

f. none of the above