Objective

An intra-individual comparison of surgical results between the open and endoscopic release was performed in patients with bilateral carpal tunnel syndrome, each of the hands operated by one of the technique.

Method

Fifteen patients (30 hands) were evaluated in the preoperative, second week, first month, third month and sixth months in the postoperative period. The patients were evaluated by Boston questionnaire, visual analogue pain scale (VAS) and grip strength. A comparative study was performed between the endoscopic and open surgeries at each of the follow-up times, and the evolution of each surgery over time.

Results

Evaluating the symptoms between endoscopic and open release in each of the follow-up times (pre-operative, 2nd week, 1st month, 3rd month and 6th month), for the strength, only the tripod strength suffered difference in the 6th month, in the other follow-ups there were no differences. There were no differences in pain scores. The Boston questionnaire showed differences in the 1st and 6th months in the SSS (symptom severity score) and no change in the FSS (functional status score). Both surgeries behave in a similar way, as well as all the requirements measured over time.

Discussion

Although many articles compare the different techniques, few were compared in patients operated bilaterally. The advantage is that we eliminate the individual variation to evaluate the measures between the different techniques.

Conclusion

We concluded that using the intra-individual evaluation we did not find differences between open and endoscopic release in the evaluation of pain intensity, Boston Questionnaire score and strength measurement.