

# CARPAL TUNNEL QUESTIONNAIRE

Name \_\_\_\_\_ Number \_\_\_\_\_ Date \_\_\_\_\_

## How severe is the hand or wrist pain that you have at night?

- I do not have hand or wrist pain at night
- Mild pain
- Moderate pain
- Severe pain
- Very severe pain

## How often did hand or wrist pain wake you up during a typical night in the past two weeks?

- Never
- Once
- Two or three times
- Four or five times
- More than five times

## Do you typically have pain in your hand or wrist during the daytime?

- I never have pain during the day
- I have mild pain during the day
- I have moderate pain during the day
- I have severe pain during the day
- I have very severe pain during the day

## How often do you have hand or wrist pain during the daytime?

- Never
- Once or twice a day
- Three to five times a day
- More than five times a day
- The pain is constant

## How long on average does an episode of pain last during the daytime?

- I never get pain during the day
- Less than 10 minutes
- 10 to 60 minutes
- Greater than 60 minutes
- The pain is constant throughout the day

## Do you have numbness (loss of sensation) in your hand?

- No
- I have mild numbness
- I have moderate numbness
- I have severe numbness
- I have very severe numbness

## Do you have weakness in your hand or wrist?

- No weakness
- Mild weakness
- Moderate weakness
- Severe weakness
- Very severe weakness

## Do you have tingling sensations in your hand?

- No tingling
- Mild tingling
- Moderate tingling
- Severe tingling
- Very severe tingling

## How severe is the numbness (loss of sensation) or tingling at night?

- I have no numbness or tingling at night
- Mild
- Moderate
- Severe
- Very severe

## How often did hand numbness or tingling wake you up during a typical night during the past two weeks?

- Never
- Once
- Two or three times
- Four or five times
- More than five times

## Do you have difficulty with the grasping and use of small objects such as keys or pencils?

- No difficulty
- Mild difficulty
- Moderate difficulty
- Severe difficulty
- Very severe difficulty