

Boston Carpal Tunnel Syndrome Questionnaire

Select the answer that best fits the question.

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

- None or Never (0)
- Mild (1)
- Moderate (2)
- Severe (3)
- Very Severe (4)

How often did hand or wrist pain wake you up during a typical night in the past two weeks (times/day)?

- Never (0)
- 1 (1)
- 2 to 3 (2)
- 4 to 5 (3)
- 5 or more (4)

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

- None or Never (0)
- Mild (1)
- Moderate (2)
- Severe (3)
- Very Severe (4)

How often do you have hand or wrist pain during the daytime (times/day)?

- Never (0)
- 1 x (1)
- 2 to 3 x (2)
- 4 to 5 x (3)
- 5 or more x (4)

How long on average, does an episode of pain last during the daytime (minutes)?

- 0 (0)
- <10 (1)
- 10-60 (2)
- >60 (3)
- Constant (4)

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

- None or Never (0)
- Mild (1)
- Moderate (2)
- Severe (3)
- Very Severe (4)

Do you have weakness in your hand or wrist?

None or Never (0)

Mild (1)

Moderate (2)

Severe (3)

Very Severe (4)

Do you have tingling sensations in your hand?

None or Never (0)

Mild (1)

Moderate (2)

Severe (3)

Very Severe (4)

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

None or Never (0)

Mild (1)

Moderate (2)

Severe (3)

Very Severe (4)

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

0 x (0)

1 x (1)

2-3 x (2)

4-5 x (3)

5+ x (4)

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

None or Never (0)

Mild (1)

Moderate (2)

Severe (3)

Very Severe (4)

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