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Title of Thesis The effectiveness of LymphaTouch-treatment in Carpal Tunnel Syndrome			
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<p>Abstract</p> <p>This thesis is quantitative research of effectiveness. The purpose of this study was to determine effectiveness of LymphaTouch-treatment in Carpal Tunnel Syndrome.</p> <p>The study subjects were applied by advertisement and private persons who had very likely the carpal tunnel syndrome were taken along to the study. Ten study subjects were participating in this study, and six of them had the treatment in both wrists. Therefore the sample size of this study was 16 wrists (n=16). Seven wrists were diagnosed by a doctor.</p> <p>LymphaTouch-treatment was given six times to the study subjects with model of carpal tunnel treatment. Treatment was given 2-3 times a week on average. In first and last course of treatment the study subjects filled the initial and the final questionnaires and they were tested with the initial and the final measurements. After three weeks from the last course of treatment the study subjects filled another final questionnaire. The effect of treatment to the symptoms and hand function were determined in questionnaires and measurements. In questionnaires the study subjects evaluated the volume of symptoms with visual analogue scale. Hand function was measured with Jamar's hand grip strength meter, Pinch the thumb opposition strength meter, goniometer and Phalen's, Tinel's ja Tetron's provocative tests. Numeric study material was analyzed by counting arithmetic means and ranges. Open questions were analyzed by itemizing the contents.</p> <p>LymphaTouch-treatment effected individually and the differences in treatment effects between the study subjects were high. LymphaTouch-treatment reduced experienced symptoms (50 %) and hand function improved on average except hand grip strength. In addition the degree of disability to symptoms in daily living reduced (51 %).</p> <p>LymphaTouch-treatment reduced the symptoms of carpal tunnel syndrome and improved the hand function at least in short-term. LymphaTouch-treatment is worth of trying as alternative conservative treatment. More research is needed because the sample size of this study was small.</p>			
<p>Keywords Carpal Tunnel Syndrome, conservative treatment, LymphaTouch-therapy, effectiveness, physiotherapy</p>			