

Abstract

This thesis is a systematic review of the relevant literature on the efficacy of conservative treatment of carpal tunnel syndrome (CTS) with final purpose to determine a possible consensus with regard to the choice of initial treatment for CTS. In order to be more reliable the thesis, the author choose mostly researches that used the strongest experimental design and high quality systematic reviews. The author proved that the conservative treatment provides significant benefits in the treatment of CTS in mild to moderate state of disease.