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Carpal tunnel syndrome

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Ankylosing spondylitis

American College of Rheumatology/Spondylitis Association of America/Spondyloarthritis Research and Treatment Network 2015 Recommendations for the Treatment of Ankylosing Spondylitis and Nonradiographic Axial Spondyloarthritis

Date of latest update: February, 2016. **Date of next update:** Anticipated in 5 years. **Patient group:** Ankylosing spondylitis and nonradiographic axial spondyloarthritis. **Intended audience:** Primary care clinicians, rheumatology providers, physiatrists, and physiotherapists. **Additional versions:** Simultaneously published in *Arthritis and Rheumatology* and *Arthritis Care and Research*. **Expert working group:** Three groups performed different roles (a core leadership group, literature review group, and voting panel). The core group comprised four rheumatologists, a methods expert, and American College of Rheumatology staff. The literature review group comprised 12 rheumatologists, a physiotherapist, and an orthopedic surgeon. The voting group was independent of the literature review group and comprised eight rheumatologists, a patient, a physical therapist, and an orthopedic surgeon. **Funded by:** The project was supported by the American College of Rheumatology and Spondylitis Association of America (patient advocacy organisation). **Consultation with:** Boards of the American College of Rheumatology and Spondylitis Association of America. Community and stakeholder feedback was collected during a public comment period. **Approved by:** Boards of the American College of Rheumatology and Spondylitis Association of America. **Location:** *Arthritis and Rheumatology* (Vol 68, No. 2, Feb 2016, pp. 282-298; <http://onlinelibrary.wiley.com/doi/10.1002/art.39298/abstract>).

Description: These guidelines are published as a 17-page journal article, with several supplements available on the *Arthritis and Rheumatology* website (<http://onlinelibrary.wiley.com/doi/10.1002/art.39298/abstract>). The guidelines cover 57 questions focused on choosing between alternative treatment approaches for particular clinical scenarios. The questions cover pharmacological treatment, rehabilitation, education and prevention. The recommendations regarding rehabilitation have most direct relevance to physiotherapists. While the guidelines cover treatment of ankylosing spondylitis and nonradiographic axial spondyloarthritis, most of the available evidence, and therefore focus of the guidelines, is on ankylosing spondylitis.

The structure is easy to follow, with a recommendation for each question, including the strength of the evidence using the Grading of Recommendations, Assessment, Development and Evaluation (GRADE) methods. Each recommendation is then followed by a short summary of the evidence and rationale underpinning the recommendation. Figure 3 provides a nice summary of the key recommendations.

Provenance: Invited. Not peer reviewed.

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<http://dx.doi.org/10.1016/j.jphys.2016.07.006>

Carpal tunnel syndrome

Management of Carpal Tunnel Syndrome (CTS) Evidence-Based Clinical Practice Guideline

Date of latest update: February 2016. **Patient group:** Patients with suspected or confirmed carpal tunnel syndrome. **Intended audience:** Primarily orthopaedic surgeons and secondarily a variety of health professionals, including physiotherapists. **Additional versions:** This is an updated version of a previous guideline. The full 983-page version, including all summary tables and brief summaries of the key recommendations, is available. **Expert working group:** The group was chaired by a hand surgeon and consisted of 13 members representing additional professional societies, including six from the American Academy of Orthopaedic Surgery, one from each of the American Medical Association, American Society of Hand Therapists, American Academy of Neurology, American College of Occupational and Environmental Medicine, American Academy for Physical Medicine and Rehabilitation, American College of Radiology and American Society for Surgery of the Hand. **Funded by:** The American Academy of Orthopedic Surgeons (AAOS). **Consultation with:** The professional associations represented and within the AAOS organisation. **Approved by:** The American Academy of Orthopedic Surgeons. **Endorsed by:** The American Society of Plastic Surgeons, American College of Radiology, American College of Surgeons and American Society for Surgery of the Hand. **Location:** <http://www.orthoguidelines.org/topic?id=1020>. **Description:** The guideline provides clear summaries of the strength of evidence and specific recommendations addressing a

series of questions for managing carpal tunnel syndrome posed by the expert panel. Contracted experts in research search and appraisal performed the search and evidence summaries. The recommendations arising from the searches on those questions were constructed by the working group, based on evidence tables, and were voted on prior to sending out for review and consultation. Review by the relevant professional groups was conducted; some endorsed the guideline, others did not.

There are recommendations about: physical signs; clinical manoeuvres used as diagnostic tests; elements of history or observation; diagnostic scales and specific diagnostic tests, including nerve conduction studies, diagnostic ultrasound and MRI. Some of these are directly related to physiotherapy practice. A variety of other recommendations are made within the guideline around the use of steroid injections or surgery. These guidelines for carpal tunnel syndrome are the most recent in a series of guidelines around orthopaedic conditions that have been sponsored by the AAOS. All are freely accessible on their website: <http://www.aaos.org/guidelines/?ssopc=1>.

Provenance: Invited. Not peer reviewed.

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