

# Carpal Compression Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Test date: \_\_\_\_\_

## Purpose

The Carpal Compression Test, also known as the median compression test or Durkan's test, is a diagnostic tool for carpal tunnel syndrome.

## Equipment needed

- Comfortable chair or examination table
- Timer or stopwatch

## Test procedure

1. Position the patient in a standing or sitting position.
2. Supinate the patient's forearm, then apply direct pressure over the carpal tunnel (median nerve) between the thenar and hypothenar eminence for 30 seconds.
3. Apply pressure with thumbs over the median nerve within the carpal tunnel, located just distal to the wrist crease.
4. Observe for any numbness, pain, or paresthesia in the median nerve's distribution. If the patient responds within 30 seconds, the test is positive.

## Test results

**Positive result:** Presence of numbness, pain, or paresthesia in the median nerve distribution.

**Negative result:** Absence of pain, numbness, and paresthesia.

## Additional notes

## Healthcare professional information

Name:

Signature:



Date: