

CARPAL TUNNEL SYNDROME

The following clinical paper found gabapentin to be effective in the reduction of pain and the reduction of severity of symptoms in patients suffering from CTS - "The efficacy and safety of gabapentin in carpal tunnel patients: open label trial" ([Med Clin \(Barc\)](#)). 2008 Mar 22;130(10):371-3).

BACKGROUND AND OBJECTIVE: To evaluate the analgesic efficacy and safety of gabapentin in the treatment of carpal tunnel syndrome (CTS), as well as the electromyographic (EMG) evolution after 6 months.

PATIENTS AND METHOD: A prospective study with a 6-month follow-up of patients with EMG diagnosis of primary CTS starting treatment with 1,800 mg/day of gabapentin. At baseline visit and after 6 months of treatment a complete clinical evaluation and an EMG study were performed. Adverse effects of gabapentin were also registered.

RESULTS: Twenty-five patients were included, mean age (standard deviation) 58.88 (7.69) years. After 6 months of treatment, a statistically significant reduction of pain ($p = 0.001$) and improvement of severity of symptoms ($p = 0.008$) were observed, although functional capacity did not change. EMG was performed in 19 patients at 6 months. Compared to baseline EMG: 52.6% patients showed no changes in EMG findings, while 5.3% patients showed improvement and in 26.3% the EMG was normal. Progression was only seen in 15.8% of patients after 6 months of treatment. In 28% of the patients gabapentin was stopped because of side effects.

CONCLUSIONS: In our series, gabapentin was effective in the reduction of pain and improvement of the severity of the symptoms. Results of EMG after 6 months of treatment showed no changes, with improvement and/or remission in 84.2% of the cases. The drug was safe and well tolerated. PMID: 18381028

With our state of the art compounding lab we have the ability to compound gabapentin into a transdermal cream that can be applied directly to the area of pain. This form of delivery may provide relief at a much lower dose, and help to limit the systemic side effects associated with the oral dosing form.

An example of how you might prescribe follows:

COMPOUNDED MEDICATION
<p>Gabapentin 10% Transdermal Cream 60gm Apply sparingly BID-TID</p>