

# Carpal tunnel syndrome?



**You may be eligible to participate in a study at the University of Oxford investigating the mechanisms of action of exercise treatment.**

Participation involves 2 initial appointments at the John Radcliffe Hospital (2.5 and 1.5 hours) and two follow up appointments after 6 weeks (in person at the John Radcliffe Hospital) and 6 months (just for questionnaires to be fill in online or via post). You will be examined with detailed tests for your nerve function, questionnaires, and an MRI of your wrist. We will also take a blood and a small skin sample. You will receive one of three treatments (hand exercises, steroid injection, advice).

For more information, please contact:

Eva Sierra:

☎ 01865234821

✉ [monet@ndcn.ox.ac.uk](mailto:monet@ndcn.ox.ac.uk)

