**You D, Smith AH, Rempel D. Meta-Analysis: Association Between Wrist Posture and Carpal Tunnel Syndrome Among Workers. Safety & Health at Work 2014;5:27-31.**

PMID:24932417

Purpose of study: to review evidence of an association between CTS and wrist posture in epidemiologic studies

Reasons not to cite as evidence:

* The studies are all either cross-sectional or retrospective, and the authors’ literature search did not retrieve any prospective studies
* The measurements of wrist posture are not consistent enough to present any findings regarding the number of degrees of deviation from neutral constitute an “exposure,” precluding the construction of a statement which can be added to the guideline for purposes of assessing the contribution of wrist position to a particular case of CTS
* Most of the exposures are based on self-report, and the authors note that the estimated relative risk for self-report studies are greater than for the observed exposure studies
* The authors suspect that publication bias may have been present, whereby “positive” studies of exposure-outcome relationships are preferentially published over “negative” studies of the same size; this may have influenced the finding that most of the studies did report an increased risk of CTS with wrist posture
* NIOSH recently published a far stronger analysis of work factors which are related to CTS (Harris-Adamson 2015), rendering the weaker studies less relevant

Reference:

Harris-Adamson C, Eisen EA, Kapellusch J, et al. Biomechanical risk factors for carpal tunnel syndrome: a pooled study of 2474 workers. Occup Environ Med 2015; 72:33–41.