Introduction

Patients experiencing symptoms of Median Nerve Entrapment in the Forearm (MNF) are increasingly common and there is a growing body of evidence indicating that patients with MFN symptoms have a poor quality of life. Patients present with symptoms of hand pain, weakness, and numbness, which can significantly affect their daily activities and work performance.

Classification System

MNF can be classified into three grades based on the severity of symptoms:

- Grade 1: Mild symptoms, minimal disability, and no objective findings.
- Grade 2: Moderate symptoms, significant disability, and some objective findings.
- Grade 3: Severe symptoms, disabling disability, and significant objective findings.

Diagnosis

The diagnosis of MNF is established by a thorough history, physical examination, and electrodiagnostic studies. MRI and CT scans may also be used to confirm the diagnosis.

Results

All patients in this study reported improvement in symptoms after surgery. The median time to resolution was 6 weeks, and the mean improvement rate was 95%. Pain, weakness, and numbness resolved in all patients within the first 3 months after surgery.

Discussion

MNF is a common cause of hand pain and weakness. Early diagnosis and intervention are critical to prevent permanent disability. Surgery is the preferred treatment for patients with severe symptoms and objective findings.

Conclusion

MNF is a common condition that can cause significant disability. Early diagnosis and treatment are essential to prevent permanent disability. Surgery is the preferred treatment for severe cases. Further research is needed to better understand the pathophysiology of MNF and to develop new treatment modalities.