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CARPAL TUNNEL CLINIC DURING THE COVID-19 OUTBREAK

Referrals will now only be accepted AFTER your symptoms have been evaluated using the questionnaire on the website at [**www.carpal-tunnel.net**](http://www.carpal-tunnel.net) . You can do this by yourselves if you have internet access, even on a phone, or relatives or as a last resort we can send you a paper copy of the questionnaire to complete in the post but this will be considerably slower. This policy will now remain in place permanently. Further details can be found on the GP information page of the website.

Please, if you can, visit our website at **www.carpal-tunnel.net ,** create a user account for yourself using any username and password you wish, and complete the symptom questionnaire.

When you have done that, either post a message in the ‘forum’ section of the website or email Dr Bland directly at **jeremy.bland@nhs.net**to say you have done this and we can have an online consultation to plan how to proceed.

The website is also a good place to watch for news of service availability.

Dr J D P Bland

Consutlant Neurophysiologist