

## CARPAL TUNNEL RELEASE

### **WEEK 1**

Initial therapy appointment @ (1) week post op.

Assess: incision; ROM; edema; and sensation (Semmes-Weinstein Test).

Remove post-op splint and dressing. (Leave steri-strips intact).

Replace with small dry dressing.

Instruct in tendon gliding exercises.

Instruct in median nerve glides.

Instruct in AAROM of the wrist and digits.

Instruct in edema massage.

Instruct in precautions of participating in non-resistive & non-repetitive activity.

### **WEEK 2**

MD follow up appointment at (14) days post op.

Suture removal at (14) day post op. in MD office.

Incision may get wet after 1 day of suture removal.

Continue with: AAROM of the wrist & digits; Tendon & Nerve gliding exercise.

Scar Management: Scar Mold (cica care – 50/50); Scar Massage.

Edema Management : edema massage, edema glove if indicated

### **WEEK 3-4**

Continue with: ROM of the wrist & digits; nerve & tendon glides; scar management and precautions.

Initiate light strengthening exercises of putty and dumb bell exercise (1lb- 2lbs) to wrist (extension & flexion) at (2) sets of (20) each at (1-2) times per day.

### **NOTE:**

1. Most treatment programs will consist of 2-3 therapy sessions.
2. At the discretion of the therapist, the patient may participate in a series of ultra-sound for pain control. It is not unusual for some patients to experience pillar pain months after surgery.