

**Carpal Tunnel Syndrome (Conservative)**  
**Dr. Staiger**

Time Frame	Treatment	Goals
Phase I Initial Visit +	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Issue prefabricated wrist cock-up orthosis with neutral wrist position to be worn at night if not already issued by doctor. Possibly wear during the day depending on doctor's orders or tasks that the client completes. May use for activities which cause discomfort, but encourage client to not wear full time due to weakness development.</li> <li>• Educate on edema management techniques to be completed as needed and contrast baths to be completed 1-2 times/day.</li> <li>• Instruct in tendon glides including straight, hook, full fist, table top, and straight fist positions.</li> <li>• Begin median nerve glides to be completed without increasing symptoms.</li> <li>• Teach in avoiding repetitive activities, positioning the wrist in extreme positions for sustained periods of time, vibrating equipment when possible, improper use of tools, cold, and sustained pinch and grip especially with the wrist flexed.</li> <li>• Train in use of proper ergonomic positioning.</li> <li>• May use modalities as indicated               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> <li>○ May add myofascial techniques if needed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Reduction of numbness and tingling and/or pain</li> </ul>