

Carpal Tunnel Release

Dr. Hiesterman

*Schedule OT 1-3 days post-op.

| Time Frame | Treatment | Goals |
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| Phase I Post-Op Day 1-3 | <ul style="list-style-type: none"> • Evaluate and Treat. • Remove dressing, education on incision care, edema management • Assess ROM, wound care, numbness/tingling symptoms, and pain symptoms. • Fit with D-ring protection orthosis to be worn for 2 weeks (as needed). • Instruct in tendon gliding, active isolated finger flexion, wrist flexion/extension. median nerve glides to begin 5-7 days post-op. | <ul style="list-style-type: none"> • Edema control • Pain management • ROM |
| Phase II 10-14 Days | <ul style="list-style-type: none"> • Begin wrist strengthening exercises (flexion/extension). • Progress with grip strength exercises (i.e. soft rubber ball, hand helper). • Instruct in scar management techniques (to begin once incision is healed). Issue scar pad (to be worn once incision is healed). • If worn, orthosis is primarily worn at night now. (Wean out as comfort allows). | <ul style="list-style-type: none"> • Incision care • Gentle PREs |
| Phase II 3 Weeks If needed | <ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). <ul style="list-style-type: none"> ○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. | <ul style="list-style-type: none"> • Functional ROM • Scar management |
| | <p>** Usually see the client 1-2 days after surgery and again 10-14 days post-op (same day as doctor's appointment). The therapist may follow up with this client more frequently if the client experiences severe pain and swelling or if the client is unable to make a fist.</p> <p>**No lifting, grasping, gripping, pinching, pushing, and pulling of more than 15# and thumb restrictions last until 6 weeks post-op.</p> | |