

Carpal Tunnel Release

Dr. Staiger

*Schedule OT 1-3 days post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Assess ROM, wound care, numbness/tingling symptoms, and pain symptoms. • Instruct in edema management. • Fit with neutral wrist position orthosis to be worn for 2 weeks, day and night then just at night until at least 4 weeks post-op. • Instruct in finger tendon gliding and active wrist flexion/extension. • Educate in median nerve glides and isolated active finger flexion 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"> • Dr. will see for suture removal no therapy necessary, but may do Week 3 Post-op information as needed especially if client lives out of town. • If Dr. Staiger and his PA-C are on vacation, see OT at 10-14 days post-op to remove sutures and instruct in week 3 post-op information. 	<ul style="list-style-type: none"> • Incision care
Phase II 3 Weeks	<ul style="list-style-type: none"> • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). • Review HEP. • Orthosis primarily worn at night for at least 4 weeks post-op. (Wean out during the day as comfort allows.) • Educate in strengthening exercises to begin at 6 weeks post-op. • 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
Phase III 6 Weeks	<ul style="list-style-type: none"> • Doctor will see client and if needed may sent client to therapy for further strengthening education. 	<ul style="list-style-type: none"> • PREs