



Carpal Tunnel Release
Dr. Bakker's Post-op Protocol

Important Instructions Following Surgery:

- After surgery, your wrist and hand will be in a light dressing. Please DO NOT remove this. Try to keep your bandage clean and dry.
- To minimize swelling, you must keep your hand lifted up to your shoulder level.
- When sitting or lying, you should use pillows to support your surgically affected extremity, especially when sleeping.
- Encouragement for finger movement to avoid stiffness and to help with swelling reduction. A pulling sensation may be noted, but this is normal.
- No lifting more than 4 pounds for 3 weeks followed by no lifting more than 8 pounds for 3 weeks.
- GOALS:
 - Restore wrist, finger, thumb range of motion.
 - Promote optimal tissue healing environment and decrease inflammation.
 - Promote optimal nerve healing and regeneration.
 - Restore upper extremity strength and function.

-Surgery to Week 1:

- Active range of motion of your fingers and thumb while in a splint.
Remove your post operative dressings and apply a Band-Aid.

-Weeks 2-3:

- Return to the clinic at the end of week two for suture removal. Follow-up is as needed thereafter.
- A therapy visit can be scheduled if necessary to review the following exercises:
Tendon Gliding Activities: Six Pack exercises with the wrist neutral.
 - 1) Full fist (MP, PIP and DIP flexion).
 - 2) Flat fist (MP and PIP flexion with DIP extension).
 - 3) Claw (MP extension with PIP and DIP flexion).
 - 4) Finger abduction/adduction.
 - 5) Table top (MP flexion with DIP and PIP extension).
 - 6) Thumb Opposition

-3 weeks +

- Continue with progressive hand range of motion exercises.
- You may begin strengthening with a soft ball, TheraPutty and low weights. You may conduct activities as tolerated.