



## Carpal Tunnel Release – Open or Endoscopic

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### Goals of therapy

- Minimize post-op edema
- Maximize digit and wrist range of motion
- Prevent early scar adhesions to finger flexor tendons
- Maximize grip strength

### 3 days post-op

- Patient is given post-operative instructions to remove bulky post-op dressings, apply a band-aid to incision site, and begin finger range of motion

### 2 weeks post-op

- Begin scar management with silicone gel pad, scar massage and compressive sleeves
- Active tendon and nerve glide exercises
- Begin wrist active range of motion to tolerance
- Monitor for signs of Complex Regional Pain Syndrome/RSD
- Begin scar desensitization techniques, as needed
- Stitches out
- Test 2 point in all fingers, thenar contraction
- Appointment with hand therapy should begin around two weeks post-op. Can be optional for patient.
- No further follow up unless needed