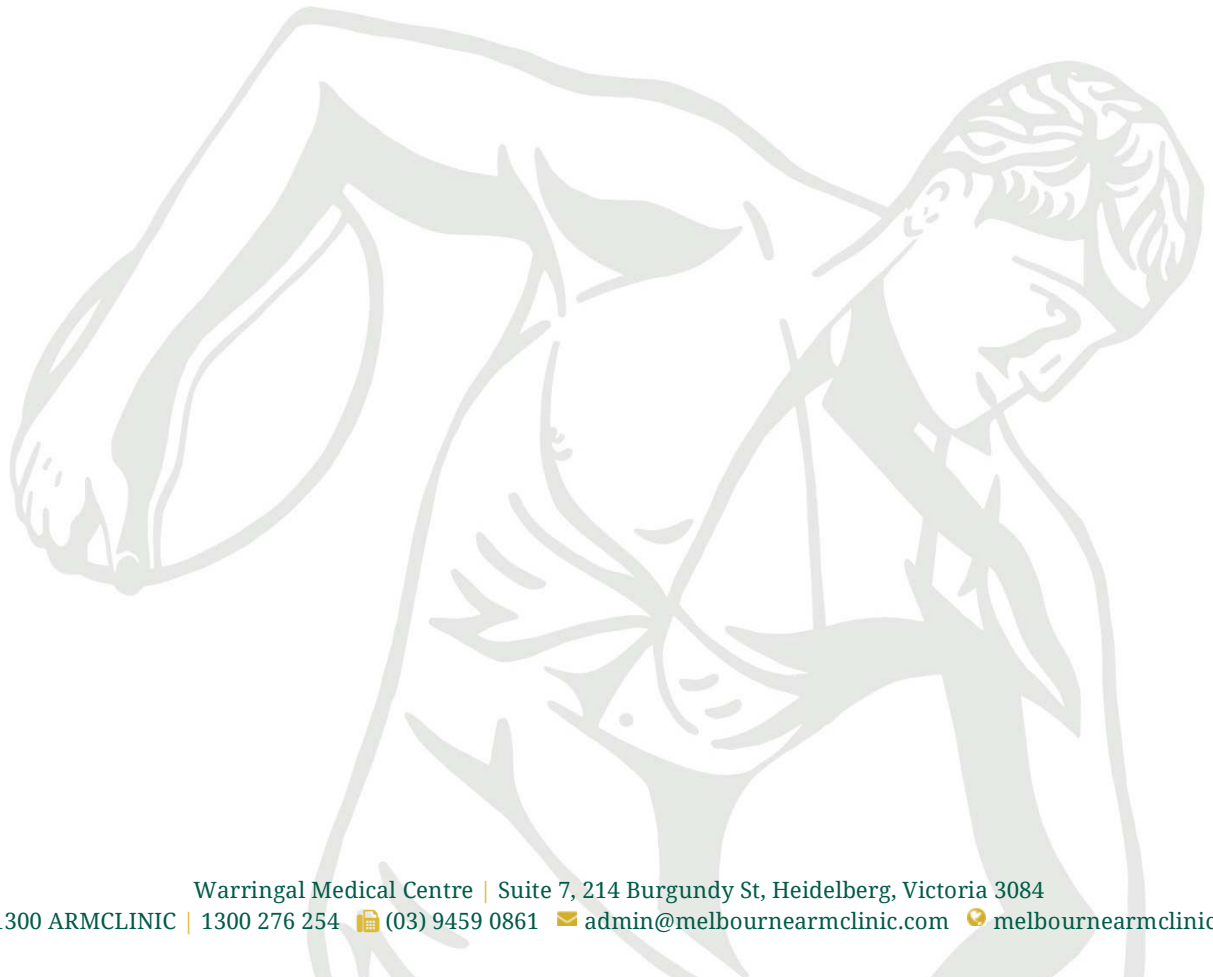




Carpal Tunnel Release Protocol





Carpal Tunnel Release

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Sling	When will I go home?	What can I do?	What can't I do?
None	You will be discharged on the <u>same</u> day as the operation	Rest for 3 days	No lifting

Acute phase (0-2 weeks)

Goals

- Reduce pain

Rehabilitation

- Rest in bandaging for 3 days
- Remove bulky bandage at 3 days and gentle movement of hand

Intermediate phase (2-6 weeks)

Goals

- Control pain
- Regain range of movement

Rehabilitation

- Mobilise wrist and hand as tolerated
- Desensitisation program
- Median nerve gliding exercises

Late phase (>6 weeks)

Goals

- Restore hand function
- Regain strength, proprioception and function

Rehabilitation

- Regain full function with range of movement and loading
- Resistance and hand gripping exercises

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
2 weeks	6 weeks	2 weeks	6 weeks