

## 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"> <li>• Evaluate and Treat.</li> <li>• Dressing change and check for signs/symptoms of infection.</li> <li>• Assess ROM, wound care, numbness/tingling symptoms, and pain symptoms.</li> <li>• Instruct in edema management.</li> <li>• 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.</li> <li>• Instruct in finger tendon gliding and active wrist flexion/extension.</li> <li>• Educate in median nerve glides and isolated active finger flexion to begin 5-7 days post-op.</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Pain management</li> <li>• ROM</li> </ul>
Phase II 10-14 Days	<ul style="list-style-type: none"> <li>• 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.</li> <li>• If Dr. Staiger and Emil are on vacation, see OT at 10-14 days post-op to remove sutures and instruct in week 3 post-op information.</li> </ul>	<ul style="list-style-type: none"> <li>• Incision care</li> </ul>
Phase II 3 Weeks	<ul style="list-style-type: none"> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> <li>• Review HEP.</li> <li>• Orthosis primarily worn at night for at least 4 weeks post-op. (Wean out during the day as comfort allows.)</li> <li>• Educate in strengthening exercises to begin at 6 weeks post-op.</li> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). <ul style="list-style-type: none"> <li>○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> <li>• Scar management</li> </ul>
Phase III 6 Weeks	<ul style="list-style-type: none"> <li>• Doctor will see client and if needed may sent client to therapy for further strengthening education.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>