

## Carpal Tunnel Release

### Dr. Feierabend

\*Would not normally recommend OT; case by case

\* Usually no lifting restrictions, just as tolerated.

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>Doctor or PA 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>Instruct in wound care as needed.</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>