

Carpal Tunnel Release

Dr. Green

*Schedule OT 1-3 days post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3	<ul style="list-style-type: none"> Evaluate and Treat. Dressing change and check for signs/symptoms of infection. Assess ROM, wound care, numbness/tingling symptoms, and pain symptoms. Instruct in edema management. Fit with a prefabricated neutral wrist position orthosis (L3908) to be worn for 2 weeks day and night then just at night until at least 4 weeks post-op. Instruct in finger tendon gliding and active wrist flexion/extension. Educate in median nerve glides and isolated active finger flexion to begin 5-7 days post-op. Client may shower and wash his/her hands but do not soak until 3 days after sutures are removed. 	<ul style="list-style-type: none"> Edema control Pain management ROM
Phase II 10-14 Days	<ul style="list-style-type: none"> 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. If Dr. Staiger and his assistant are on vacation, see OT at 10-14 days post-op to remove sutures and instruct in week 3 post-op information. 	<ul style="list-style-type: none"> Incision care
Phase II 3 Weeks	<ul style="list-style-type: none"> Instruct in scar management techniques (to begin once incision is healed). Issue scar pad (to be worn once incision is healed). Review HEP. Orthosis primarily worn at night for at least 4 weeks post-op. (Wean out during the day as comfort allows.) Educate in strengthening exercises to begin at 6 weeks post-op. May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). <ul style="list-style-type: none"> May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. 	<ul style="list-style-type: none"> Functional ROM Scar management
Phase III 6 Weeks	<ul style="list-style-type: none"> Doctor will see client and if needed may sent client to therapy for further strengthening education. Continue with scar management and ultrasound if needed. 5-pound lifting restriction is discontinued. 	<ul style="list-style-type: none"> PREs