

Carpal Tunnel Release Rehab Protocol

Dr. Nielsen

0-2 weeks

- Bulky post-op dressing for 3 days
- Early aggressive finger and wrist ROM encouraged
- No lifting over 5 lbs
 - If patient must lift more than 5 lbs, must wear a cockup wrist splint
- Start hand therapy POD #3 if work comp
 - 2-3 per week at least until first post-op

2-4 weeks

- Suture removal at 10-14 days
- Scar massage and desensitization starting 3 days after suture removal
- ROM: aggressive finger and wrist active and passive ROM
- Strengthening
 - Putty or stress ball for strengthening with wrist in extension
 - No strengthening in wrist flexion until 4 weeks post-op
- No lifting over 5 lbs
 - If patient must lift more than 5 lbs, must wear a cockup wrist splint

4+ weeks

- No restrictions
- Aggressive strengthening ok if desired