



CARPAL TUNNEL RELEASE REHABILITATION EXERCISES

Follow the below rehabilitation exercises to best recover from your carpal tunnel release surgery.

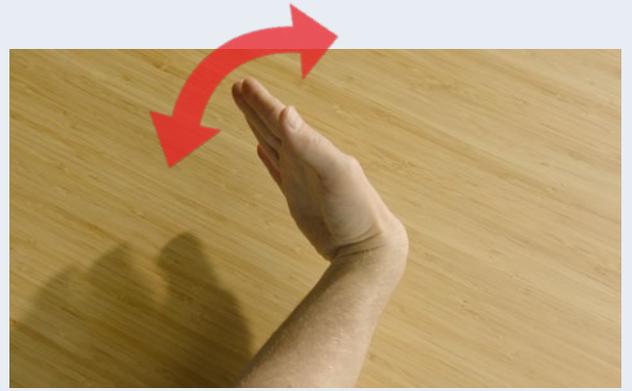
Wrist Range of Motion

It is important to start moving your wrist after surgery so that you can regain your full wrist range of motion.

Wrist Range of Motion #1

Sit at a table with your forearm resting on the table. Turn your thumb facing up. Gently sweep your palm inward, folding your wrist and fingers and making the skin on the carpal tunnel area fold. Then gently sweep the hand in the other direction, opening the fingers and bringing the back of your hand toward the top of your forearm.

Do this 10 times in each direction, 3 times per day.



Wrist Range of Motion #2

Turn your palm face down. Gently tilt your hand toward the thumb side of your wrist, then gently tilt your hand toward the pinky finger side of your wrist.

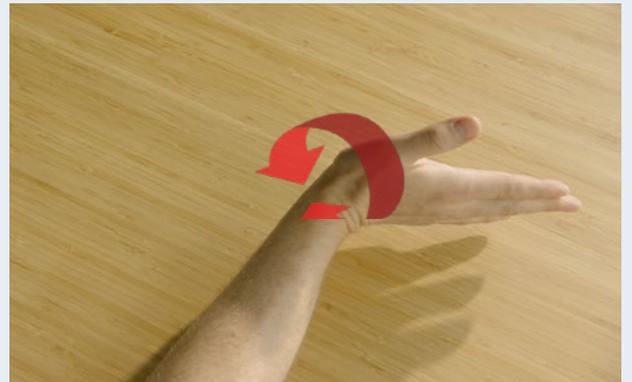
Do this 10 times in each direction, 3 times per day.



Wrist Range of Motion #3

Next, turn your palm face up as far as you can, then face down again.

Do this 10 times in each direction, 3 times per day.



Tendon Glides

Do the following in a continual motion: With your surgical hand, point your fingers and thumb straight up. Curl your fingers so that their top two joints are bent, and your fingers wrap down. Your fingertips should touch or be near the base of your fingers. Your fingers will look like a hook. Then, make a fist by bending your knuckles. Your thumb can gently rest against your index finger. Unwind your fingers slightly so that your fingertips can touch the base of your palm. Your thumb can rest against your index finger. Hold that position for about 6 seconds. Move back to your starting position, with your fingers and thumb pointing up.

Perform 10 times on each finger, 3 times per day.



Thumb Range of Motion (Opposition)

Place your forearm and hand on a table with your thumb pointing up. Bend your thumb downward and across your palm so that your thumb touches the base of your little finger. Hold that position for about 6 seconds. Then straighten your thumb.

Perform 10 times, 3 times per day.



Thumb Range of Motion (Abduction/Adduction)

Sit at a table and keep your hand on the table with the thumb pointing up. Pull your thumb away from your palm as far as you can. Hold that position for about 6 seconds. Then slowly move your thumb back to the starting position, with your thumb resting against your index finger.

Perform 10 times, 3 times per day.



Finger Opposition

After surgery, it is important to maintain the coordination of your fingers. You can do this by pointing your fingers and thumb straight up. Your wrist should be relaxed. Touch your thumb to each finger, one finger at a time. Try to keep your other fingers straight and pointing upward as much as you can.

Perform 10 times on each finger, 3 times per day.



Scar Desensitization & Mobilization

When your scar is fully healed, with no scabbing in place, gently massage the scar to decrease stiffness and sensitivity.

Sit at a table with your forearm resting on the table, palm facing up. Put a small amount of lotion on your scar. Using the index and middle finger of your other hand, gently rub the scar up and down, diagonally, and side to side. It is normal for this area to feel sensitive after surgery, and your gentle massage will help this area feel normal again.

You should also perform this exercise without lotion to better stretch the scar tissue beneath the skin. With your fingertips pressed firmly against the scar and without sliding, gently but steadily push the skin to one side as if you were trying to slide the skin off the underlying tissue. Hold this position for five seconds. Relax and repeat this movement up and down, diagonally, and side to side.

To help with hand tenderness, tap the tender area of your hand with a finger tip of your other hand or a light object such as a pencil. Tap rapidly (2-3 times a second), lightly, and continuously in the most tender area. Do this for 3 minutes or until you notice the feeling in the area change. Take a minute rest and begin again. Perform this exercise 3 times per day.



Optional: Strengthening with Theraputty

Strengthening with Theraputty #1

You can optionally purchase Theraputty at online retailers to strengthen your finger muscles. You may start strengthening 2 weeks after surgery or when you feel comfortable. For the following exercises, try to use only your surgical hand.

Place the putty on top of the table and with your fingers together, place them inside the putty. Pull your fingers apart against the resistance of the putty.

Repeat 10 times, 3 times per day



Strengthening with Theraputty #2

Roll the putty into a long tube shape. Using the tips of your thumb and index finger, pinch along the roll of putty until it is flattened. Roll it back into a tube shape, and repeat this process with each finger (thumb and middle finger, thumb and ring finger, thumb and pinky finger).

Repeat 10 times, 3 times per day

