

## Carpal Tunnel Release

### 10 – 14 Days

- Post-operative dressing removed
- Initiate appropriate edema management
- Instruct on HEP: AROM wrist, Tendon Gliding Exercises to digits and thumb.
- Scar mobilization techniques including scar massage with lotion
- Desensitization techniques
- Issue wrist cock-up splint

### 3 – 4 Weeks

- Wean from splint
- Continue desensitization and scar management
- Initiate light strengthening exercises with putty and wrist PRE's