

CARPAL TUNNEL RELEASE (OPEN)

PLEASE NOTE, this is the rehab protocol for OPEN carpal tunnel release. For KEYHOLE carpal tunnel release, refer to appropriate protocol on website.

Please correlate with operation note for patient specific post-operative plan base on intra-operative findings.

- Week 0-6
 - Keep bulky dressings on until review at 2 weeks clinic
 - Keep hand elevated to minimise swelling for first 1-2 weeks
 - Passive and active finger range of motion exercises from day 0
 - Ensure full finger flexion and extension achieved within three days
 - This encourage finger range of motion but also nerve glide
 - Passive and active wrist range of motion
 - Flexion and extension to encourage nerve glide
 - Median nerve glide exercises



- Back to office work within 1 week
 - Back to heavy labour/lifting after 6 weeks (8 weeks from first side if both hands done 2 weeks apart)
- Follow-up appointments:
 - Day case: home the same day
 - 2 weeks clinic for wound check and removal of sutures
 - 6 weeks clinic with Mr Francis Ting

Please note if both hands require OPEN carpal tunnel release. Only one side will be done at a time, 2 weeks apart to allow surgical wound to heal so patient can continue with self-care and toileting without the risk of wound problems and infection.