

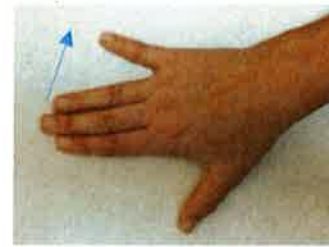
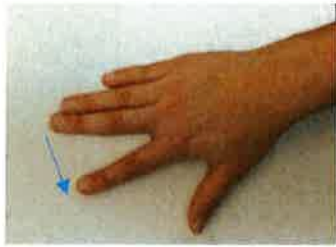


CARPAL TUNNEL SURGERY AND AFTERCARE

To ensure that you are well informed regarding your upcoming carpal tunnel surgery and aftercare, please carefully review the following information. Your cooperation and compliance to the following information will enhance your recovery. If you have any questions, please do not hesitate to ask your physician or physical therapist.

1. You are encouraged to use your hand for **light** activities that you can perform comfortably. These activities should not cause a lasting increase in your swelling or pain.
2. Do not attempt to endure discomfort caused by a tight dressing. If the dressing feels too tight, unwrap the outer layer and rewrap it looser right away.
3. It is important that you do your exercises as instructed on a regular schedule, not more or less.
4. It is normal to expect some tenderness and swelling in the area of your surgery for several weeks. You can expect the symptoms to resolve completely but it takes approximately 5 -15 weeks
 - a) Do not overuse your hand as this will cause prolonged swelling and pain.
5. If your hand symptoms were intermittent before surgery, they will likely resolve a few days after surgery, if not immediately.
 - a) Symptoms which were constant prior to surgery will take longer and may take several weeks (or even months) to resolve or reach maximum improvement.
 - b) Full strength recovery sometimes is not achieved for six months.
6. Recurrence of symptoms may occur in a small percentage of patients **and is more likely if proper aftercare is not observed.**
 - a) Patients who overuse the hand and fail to comply with aftercare instructions tend to have poorer final results from their carpal tunnel surgery and a higher rate for recurrence of symptoms.

5. Rest hand on table with palm down and wrist in a neutral position. Move each finger toward thumb starting with the index finger. Relax fingers. Then move each finger away from thumb beginning with the little finger. (Over and back is considered 1 repetition) Relax and repeat 10 times.



6. Keeping the wrist in a neutral position, make an "O" by touching thumb to fingertips one at a time. Open hand wide after touching each finger. (Over and back is considered 1 repetition). Relax and repeat 10 times.



7. Rest hand on table with palm down and wrist in a neutral position. Starting with the index finger alternating through the fingers, raise and lower fingers one by one. (Over and back is considered 1 repetition) Relax and repeat 10 times.



8. Wand Exercise: Laying down on your bed or sitting in a straight back chair, grasp a broomstick or yardstick in both hands. Keep elbows straight and raise forward and up past your head as far as you can without severe pain. Then lower back to starting position. Relax and repeat 10 times.

