



Carpal tunnel release surgery (Post-operative visit)

After you have carpal tunnel surgery, hand therapy is necessary to ensure your fingers and wrist regain their normal range of movement and strength. It can also prevent unwanted side effects resulting from the formation of scar tissue in the wrist.

Use of your hand

It is important and safe to use your hand as long as the activity doesn't cause too much discomfort.

For four weeks avoid strong powerful grip/pinch, vibration tools/machinery and heavy weightbearing on the heel of your hand.

You may be able to return to work on light duties as soon as you feel ready.

Scar management

Once your wound is healed and your stitches are removed or dissolved, your scar and the area around it needs to be massaged. This prevents hard lumpy scar tissue forming over the nerve and finger tendons.

Massage in a circular motion for a few minutes, applying firm pressure. Use Vitamin E or Sorbolene Cream to reduce friction. This should be done at least 4 times a day.

If your scar becomes thick, red or painful please contact your therapist/doctor for help.

Desensitisation

Sometimes the palm area can become hypersensitive and unpleasant to touch. This can be treated by rubbing the area over different textures such as clothing, couch cushions, car seats, soft/rough towels, or by immersing your hand in a bowl of uncooked rice or pasta. Other techniques include tapping over the area lightly with a finger or the back of a pencil.

Each texture should be used for about a minute and used as many times as possible each day.

Pillar pain

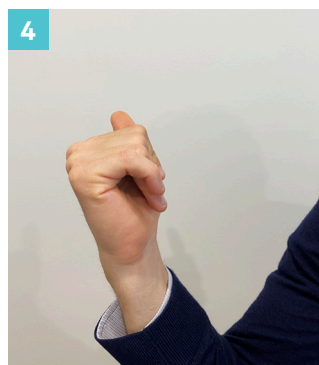
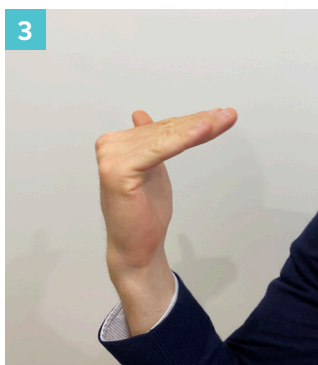
Around 4-6 weeks after surgery you may experience pain either side of your scar in your palm. This usually occurs when you grip or lean on surfaces. This pain is normal and will generally reduce 3 months after surgery.

Please contact your doctor or therapist if you have concerns about pillar pain.

Range of movement exercises

Tendon gliding

Perform these exercises four times a day, doing 5-10 repetitions. Hold each position for 5 seconds.



Nerve gliding exercises

These types of exercises are bigger movements designed to get the nerve moving along its length. They may include movements described as 'stop sign', 'hold tray circles' and 'swimming stroke'.



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