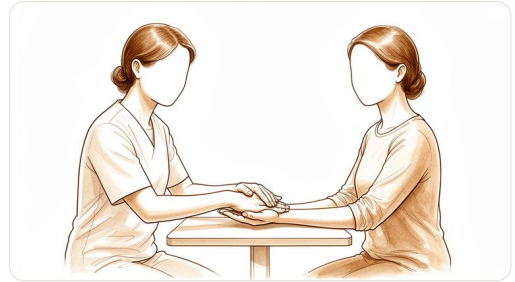


Carpal tunnel exercises

Carpal tunnel exercises

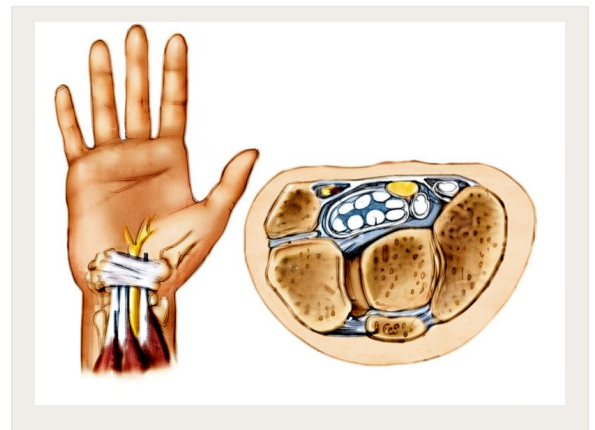
Kieran Hirpara 4.0



Prepared in association with Extend Rehabilitation

Anatomy

After surgery, the healing edges of the ligament beneath the skin are usually tender for at least four to six weeks after the procedure. Temporary tenderness on each side of the palm where the ligament is attached to the bones is common after surgery and is called “pillar pain”. This generally resolves gradually.



General

- Keep hand elevated above heart level as much as possible especially during the first week.
- Avoid tight fist/grip.
- Avoid repetitive gripping tasks.
- Avoid heavy lifting.
- Avoid vibratory machines/tasks e.g. lawn mowing
- Limit driving for the first week

Dressings

Apply these dressings to control swelling and support the carpal arch, as shown by your therapist.

- Kinesiotaping
- Coban
- Tubigrip

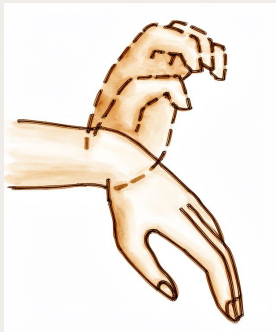
How much should I use my hand?

We recommend that you use your hand for light to moderate tasks, but follow the precautions outlined under general on this page.

Will my ligament heal over again?

The original ligament will not reattach, however scar tissue will form and create a pseudo tendon that performs the same function as the original ligament.

Exercises



Exercise 1

Resting on elbow with fingers relaxed, bend wrist forward and then backwards.

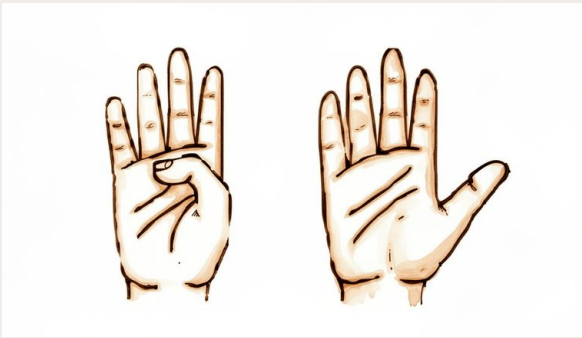
As prescribed by your hand therapist – ____ reps, ____ times per day



Exercise 2

Supporting wrist back, make a loose fist – then “hook” – and then straighten and spread your fingers.

As prescribed by your hand therapist – ____ reps, ____ times per day



Exercise 3

Move thumb toward base of little finger and then straighten.

As prescribed by your hand therapist — ____ reps, ____ times per day

You will need to perform the following exercises ___ times per day.

Scar/sensitivity management

- Massaging (in small circles) as shown by your therapist will assist in reducing the discomfort and sensitivity
- Tapping the sensitive region is also recommended. It is best to do this for short periods frequently e.g. 2-3 minutes each hour.
- You may also be supplied with a silicone pad and/or glove to assist with the scar and sensitivity.
- 5 x 'Hello World' nerve glides

REFERENCES

1. Copley, M. (2007). Non Traumatic Wrist Pathologies [Powerpoint slides], Extend Rehabilitation, Brisbane, Australia.
2. Images courtesy of Google images.

CQ HAND + UPPER LIMB

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