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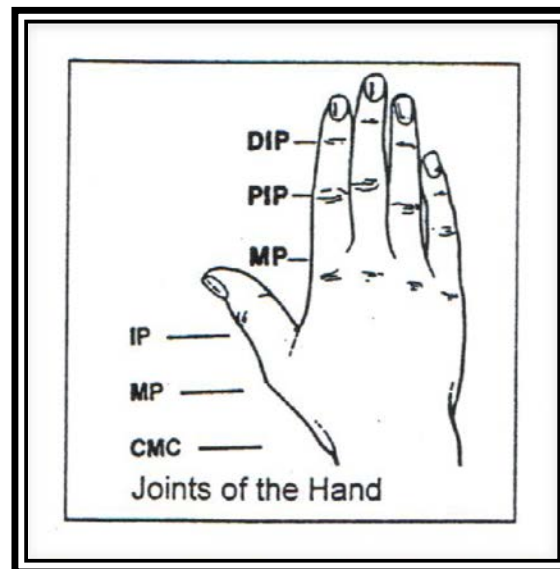
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Hand Therapy and Rehabilitation After Carpal Tunnel Release

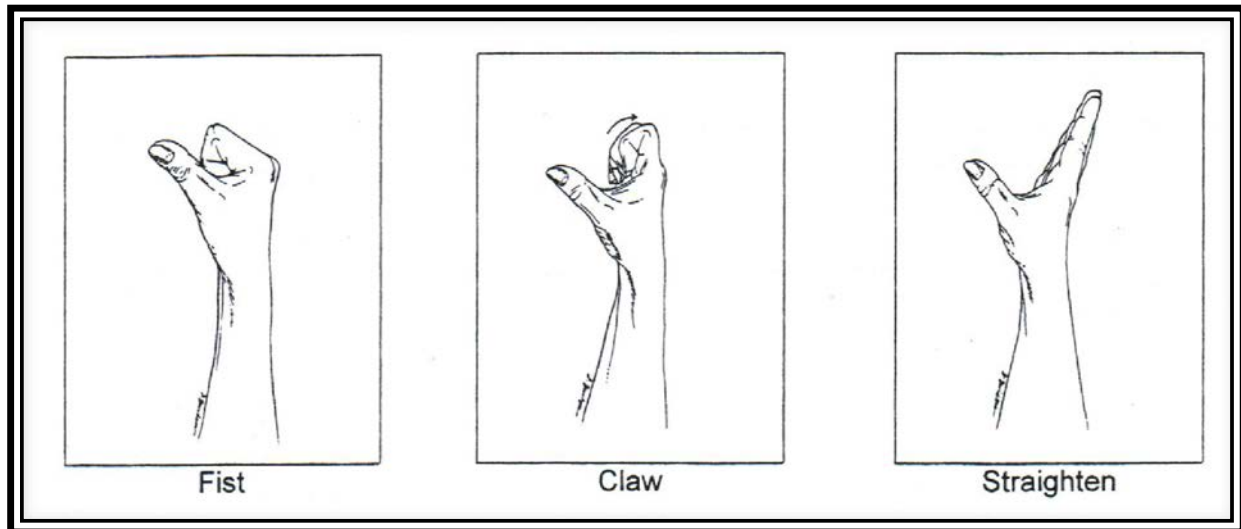
Therapy is an essential part of your recovery after carpal tunnel surgery. The following material was developed by Dr. Anzarut to help you obtain the best possible outcome.

The following diagram is a reference to help identify the names of the different joints in the hand:



Activities for the first two weeks after carpal tunnel surgery

Avoid any heavy lifting. If this is not possible, defer your surgery date or speak to Dr. Anzarut about having a cast placed. Start composite finger positions. The following three diagrams show composite positions of the fingers. Start by making a full fist, then straighten your MP joints while keeping the PIP and DIP joints flexed. Follow this with straightening your fingers. These exercises are performed 4 times a day for 10 minute sessions.

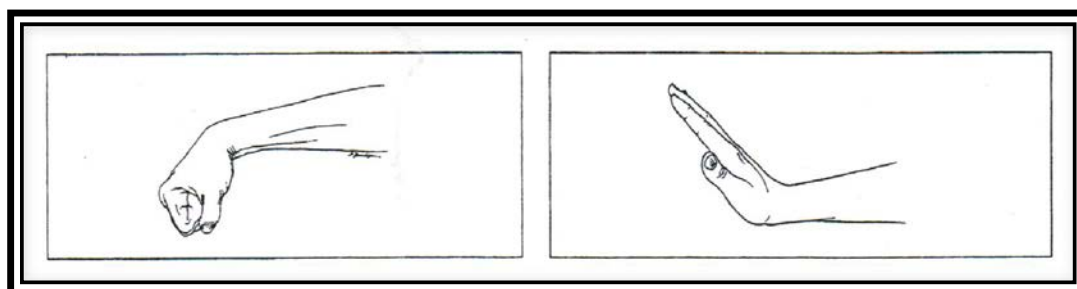


Activities to start two weeks after carpal tunnel surgery

After suture removal, continue finger composite positions. At this time, you will be ready to add wrist and finger composite positions, finger blocking positions, gentle strengthening, scar desensitization and scar massage. These exercises are performed 4 times a day for 10 minute sessions.

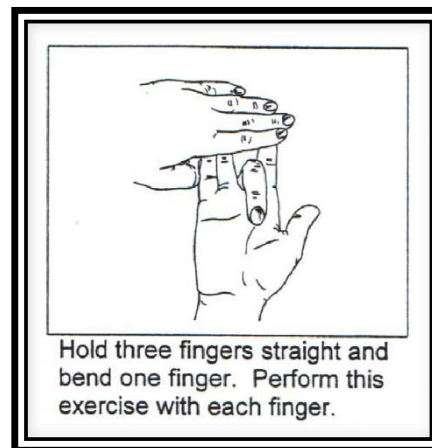
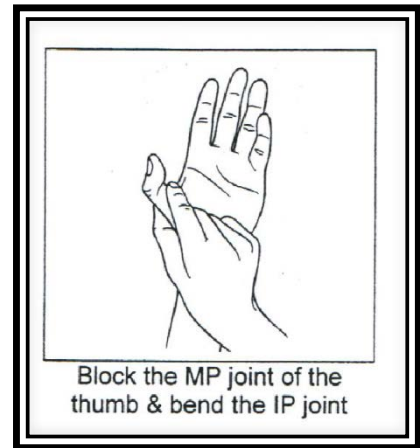
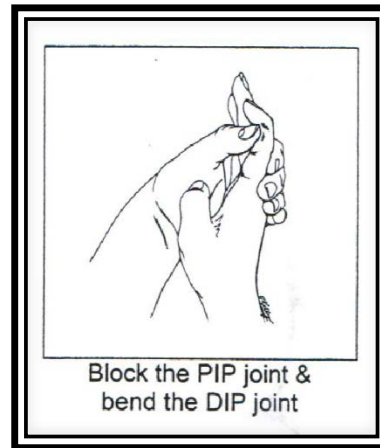
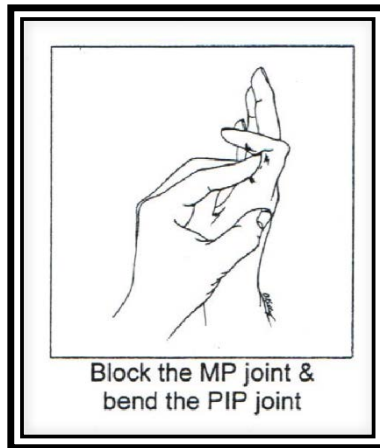
Composite positions of the wrist and fingers

Continue the finger composite positions and add composite positions of the wrist and fingers [as shown below]. Start by simultaneously bending your wrist and fingers; follow this with straightening your wrist and fingers.



Finger blocking exercises

The following four diagrams show blocking positions of the fingers.



Gentle strengthening

Using a soft ball or putty, gentle strengthening is initiated. Avoid direct pressure on the scar. Strengthening is not initiated if significant pain or swelling persists.

Desensitization exercises and scar massage

The scar will be hypersensitive for 6 weeks to 6 months after the surgery. Touching the scar with light pressure and soft fabrics will decrease the scar sensitivity. Progress to deeper pressure and coarser textures as tolerated. Glaxal moisturizer is recommended for scar massage. Avoid products that include Vitamin E.

Every patient is unique. These guidelines provide a general frame of reference. Dr. Anzarut is available to discuss your hand therapy program and ensure it is right for you.