



Carpal Tunnel Release Rehab Protocol

The surgeon must specify on the referral any specific recommendations or deviations outside this protocol.

Phase I	Phase II
2 Days Post-Op	7-10 Days Post-Op
<p><u>General Precautions:</u> -Pt may begin showering if wounds are healing. **No immersion in water</p> <p><u>Post-op Plaster Splint:</u> -Wear until 7-10 days post-op then remove</p> <p><u>Clinical Implications:</u> -Remove post-op dressings -Provide wound care and edema reduction -Begin gentle digit and wrist ROM</p>	<p><u>General Information:</u> -First MD post-op visit -Sutures removed or suture tails removed -Remove post-op plaster splint</p> <p><u>Clinical Implications:</u> -Review home program -Begin scar management, including elastomer pad, as needed -Strengthening, as needed -Desensitization, as needed</p>