

Post – op Carpal Tunnel Home Exercise Program

Perform gliding exercises gently, starting with 5 repetitions and advancing to 10 reps as able over a weeks' time. Hold stretches for 5-10 seconds if they are tight.
Exercises to be done progressively from 6-8 times daily as able.

Begin 3 days Post – Op:

1) **Tendon Gliding Exercises:** move slow and gentle from one pattern to the next.



"Home Position"
All joints straight



"Hook fist"
Then Straighten



"Composite fist"
Then Straighten



"Flat fist"
Then Straighten

2) **Finger fan stretch:**



Spread and close fingers.
Hold at stretch, then rest if needed .

3) **Thumb opposition slide:**

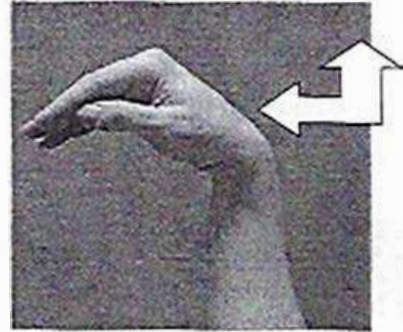


Roll thumb across palm, bringing tip of thumb to tip of small finger. Try to slide thumb down toward the base of the small finger. Hold stretch, then rest and repeat.

Add at 2 weeks post-op: Wrist Motion

1) Flexion/Extension:

Bend your wrist forward. Hold at stretch, then straighten. Rest if needed.

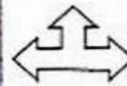


Bend wrist backward. Hold at stretch, then straighten. Rest if needed.



2) Ulnar/Radial Deviation:

Bend wrist from side to side. Hold at stretch, then straighten. Rest if needed.



***Do these exercises in their order for 4 weeks. If you are improving, continue – until your motion has returned to your normal, and add the next set of exercises. If it is not improving, and very painful, call your orthopedists office and schedule a re-check. You may need formal hand therapy intervention

Add at 4 weeks post op:

1) Short Median Nerve Gliding Exercise:

Perform in sequence, gently, stopping at the position that begins to glide the nerve (might feel like a rope when you have taken up the slack in it, and it begins to stretch). Hold the gliding position for 10 – 15 seconds. When that position is no longer a stretch, add the next position into the glide.

Repeat 5-10 reps, progressing slowly over a weeks' time, 3 X daily.



1) Fingers curled
(but relaxed)



2) Straighten Fingers



3) Wrist back



4) Thumb Out



5) Rotate Palm Up



6) Gently Stretch
Thumb back

4 weeks post-op CTR exercises continued:

2) Longer Median Nerve glide:

With your palm up, straighten
Elbow alongside your body.
Slowly bend fingers and wrist
Backward to the beginning of a
stretch in forearm and front of wrist.
Hold stretch for 10-15 seconds

Repeat 5-10 reps, progressing slowly
over a weeks' time, 3 X daily



3) Composite Wrist Flexion Stretch:

Gently bend fingers until they are
touching your palm.
Do not squeeze and make a tight fist.
Slowly bend wrist forward toward
your palm to get a stretch on the back
of your wrist.

Hold stretch for 10-15 seconds
Repeat 5-10 reps, progressing slowly
over a weeks' time, 3 X daily

