

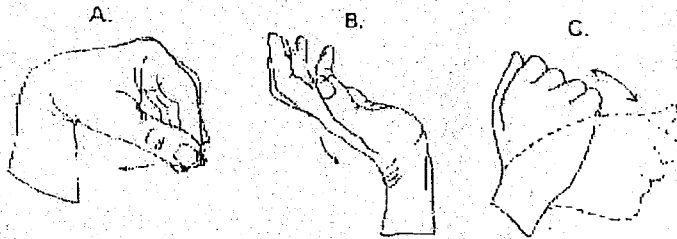


Carpal Tunnel Surgery

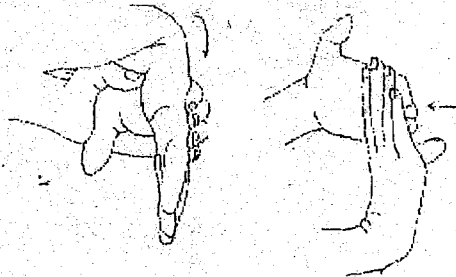
Post-operative exercises and advice

- Elevation of your hand is important to prevent swelling and stiffness.
- The exercises below are to be done to maintain function of the hand and prevent recurrence of your previous symptoms.
- Your return to work is variable according to your occupation and should be discussed with your surgeon. On recommencement of work, ensure time is made to continue exercises below.
- You can drive if you have regained full finger movements and if you have sufficient power to control the vehicle.
- The scar will settle after about 3 months, but this can be helped by massaging the area firmly with moisturizing cream / Vit E oil

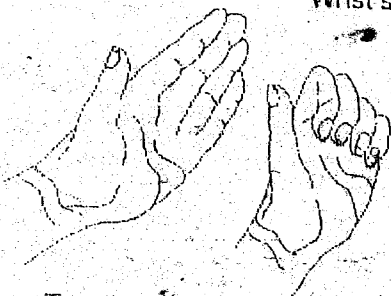
Exercises to commence from discharge :



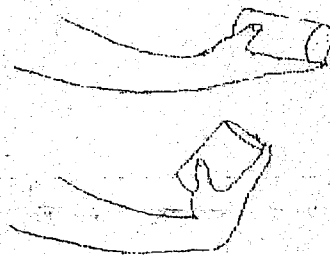
Active range of motion



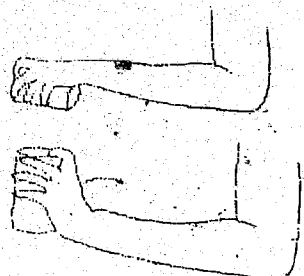
Wrist stretch



Tendon glides



Wrist flexion exercise



Wrist extension exercise



Grip strengthening