Hands, Splints, Upper Limbs
Musculoskeletal and Sports Physiotherapy
Complex and Persistent Pain

Suite 15 Murdoch Medical Clinic
100 Murdoch Dr Murdoch 6150
ph **9332 6422** | 0429 331 089| fax 9312 1996
reception@flexphysiotherapy.com.au
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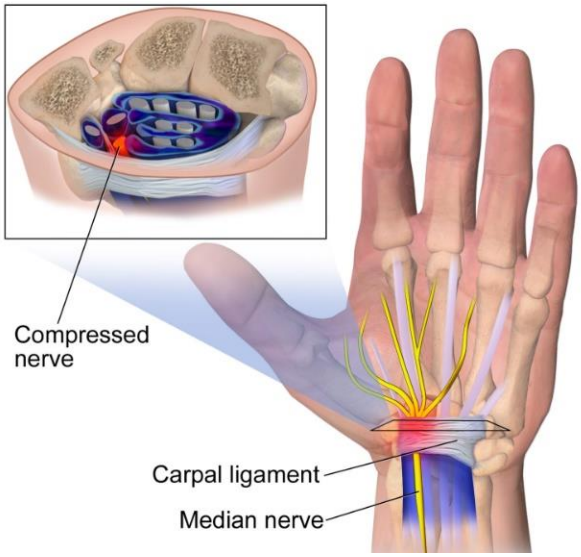
Carpal Tunnel Release

Post-operative rehabilitation program

This surgery is usually performed under a combination of general anaesthetic and a nerve block. It is usually performed as a day procedure; some patients remain in hospital overnight to ensure they are comfortable.

This surgery is typically performed for people with pain, pins and needles as well as weakness of their hand. Once other treatment options have been exhausted your surgeon may recommend a carpal tunnel release. This surgery involves cutting the ligament over the front of the palm to allow more space for the nerve to 'breathe'.



After surgery, the incision is sutured and dressed - your surgeon will advise you about this.

For the first 1-2 months after the surgery, it is advised that you return to light usual activities, but if there are activities that involve repetitive or strong gripping you should consult your physiotherapist.

Call Flex Physiotherapy 9332 6422 for further information.

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Post-operative Rehabilitation Guidelines

The recovery process is individual, and varies considerably with regards to pain, stiffness and progression back to normal function. The difference in recovery time can be up to 2 weeks up to 12 months, depending on your injury, age, job and other medical conditions.

If you feel that at any stage of your recovery from surgery is not going to plan, please contact your physiotherapist to discuss your concerns.

Exercises

- Wait until your surgeon and physio both indicate that it is safe to commence exercises.
- Move to pain, not through pain

Pain

- Immediately after your surgery, pain at rest and with movement is expected.
- Typically, a little bit of numbness is normal, if this increases please call your physiotherapist.
- Take your medication and use ice regularly to keep your pain mild-moderate (<4/10).

Driving

- **It is best to follow your surgeon's advice regarding driving after surgery**

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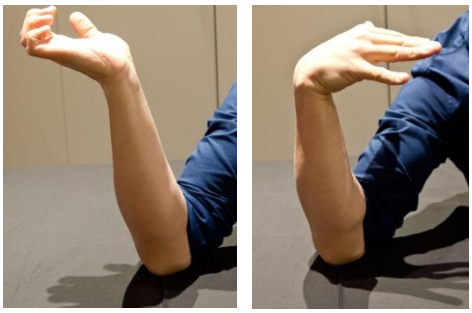
Shoulder mobility

- Raise your hand over your head

Perform 10 repetitions, at least 3 times per day,

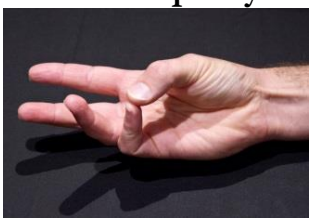
Backward and forward bending



- Place your elbow on a table
- Keep your forearm still
- **Bend your wrist backwards then forwards**

Perform 10 repetitions, 2- 3 times per day

Thumb to pinky



- Reach your thumb to the tip of each finger

Perform 10 repetitions, 2- 3 times per day

Median Nerve Slider

- Bend your elbow, wrist as you turn your neck to the opposite side
- Straighten your elbow, turn your palm up and bend your wrist backwards as you look at your hand

Perform 10 repetitions, 3-5 times per day