

Carpal Tunnel Post-Op Home Exercise Program

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Goals: Restore wrist, finger, thumb, forearm, and elbow range of motion
Promote optimal tissue healing environment and decrease inflammation
Promote optimal nerve healing and regeneration
Restore upper extremity strength and function

Post-op day 1 thru day 5-7

1. AROM of the fingers and thumb while in cast/splint

Post-op day 7-10 to 3 weeks

1. Tendon Gliding Activities: Six pack exercises with wrist neutral:
 - a) Full fist (MP, PIP, and DIP flexion)
 - b) Flat fist (MP and PIP flexion with DIP extension,
 - c) Claw (MP extension with PIP and DIP flexion),
 - d) Finger abduction/adduction,
 - e) Table top (MP flexion with DIP and PIP extension),
 - f) Opposition
2. AROM: elbow flexion/extension and forearm pronation/supination
3. Pinching using theraputty, clothespins, marbles, etc (tip to tip, tip to pad, and 2 finger to thumb tip to tip)
4. Light gripping using theraputty with wrist in neutral

Post-op 3 weeks +

1. AROM: wrist flexion and extension and continue with finger, thumb, elbow and forearm AROM
2. Gripping using ball, theraputty, web, and/or towel
3. Upper extremity strengthening (triceps, biceps, shoulder, and forearm)
4. Initial median nerve tendon gliding (do only 3 with 3 second hold):
5. Progress with wrist flexor and extensor light stretching