

Exercises following Carpal Tunnel surgery

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet has been produced for patients who have had surgery for carpal tunnel syndrome. It explains the exercises you will need to do after surgery to aid recovery.

What can I do in the first week after surgery?

For the first week following surgery keep your hand elevated as much as possible. You can gradually begin moving your fingers and wrist back to normal.

What can I do once my stitches have been removed?

Once your stitches have been removed you can begin gentle massage of the scar with a non-scented moisturising cream. The scar may remain tender for several months; you should continue to massage it daily.

You can also start to strengthen your grip by squeezing a foam ball or bath sponge several times a day.

When can I start to do the pictured exercises?

The following exercises should begin six weeks after surgery. You should do them in sequence three times a day until your hand feels 'back to normal'.

Number 1:

Wrist in neutral, fingers and thumb in flexion.



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

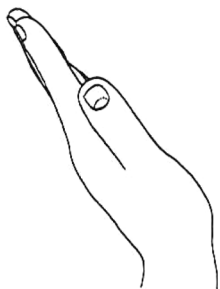
Number 2:

Wrist in neutral, fingers and thumb extended.



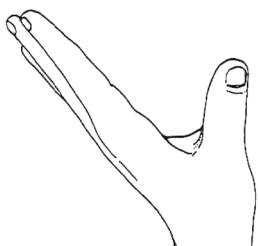
Number 3:

Thumb in neutral, wrist and fingers extended.



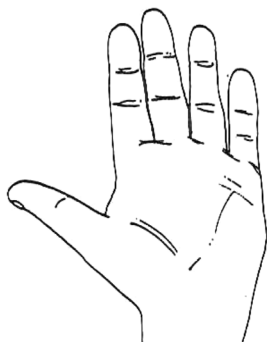
Number 4:

Wrist, fingers and thumb extended



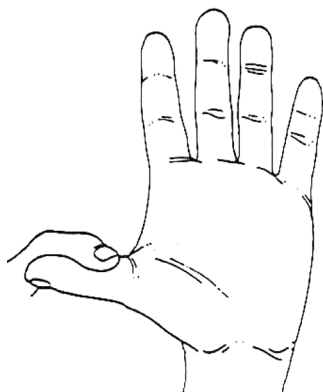
Number 5:

Same as number 4, with forearm in supination (palm up)



Number 6:

Same as number 5, other hand gently stretching thumb.



Will the symptoms I had before the operation be fully resolved?

If the nerve was severely compressed before surgery you may not achieve complete relief. If you are worried about this or any other aspect of your operation you should speak to your surgeon.

Who can I contact if I have any concerns or questions about my exercises?

If you are at all worried or concerned about any aspect of these exercises please speak to the Therapist in charge of your treatment.

Name of Therapist:

Contact telephone number:.....

Out of hours/emergency contact details:.....

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。