

Dr. Craig Chike Akoh, MD
CARPAL TUNNEL RELEASE
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	NWB	Postop splint	No wrist ROM	<ul style="list-style-type: none"> - Home exercises - Finger ROM - No wrist flexion and extension
<i>PHASE II</i> 2-4 weeks	10 lb weight restriction	Removable wrist splint week 2-3 Discontinue wrist splint after week 3	Begin wrist flexion/extension	Begin formal PT/OT at week 2 -Scar mobility -Desensitization modalities Week 3 - Begin nerve/tendon gliding program - Begin wrist flexion/extension -Begin gentle grip/pinch strengthening with theraputty ball
<i>PHASE III</i> 4-6 weeks	WBAT	None	Full	<ul style="list-style-type: none"> -Work hardening program if needed -Progress to heavier lifting