

INSTRUCTIONS FOR HAND THERAPY

Please begin your hand exercises on the same day as surgery to avoid developing stiffness. Keep your hand elevated for the first several days to minimize swelling.

RANGE OF MOTION

Forearm, finger and thumb active/passive range of motion. Your therapist will review your program that will be geared to you.

MEDIAN NERVE GLIDING

This encourages normal gliding of the nerve within the carpal tunnel.

STARTING POSITION 1

Wrist in neutral, fingers and thumb in flexion.



POSITION 2

Wrist in neutral, fingers and thumb extended.



POSITION 3

Wrist in neutral, fingers extended, thumb in neutral.



POSITION 4

Wrist, fingers and thumb extended.



POSITION 5

As in position 4, with forearm in supination (palm up).



POSITION 6

As in position 5, other hand gently stretching thumb.



SCAR MANAGEMENT

Once the incision has completely closed and the scab is gone, gentle massage can help reduce sensitivity in and around the incision and limit scar tissue from building up. These exercises can be done 3-4 times per day.

- Soak hand and wrist in hot bath temperature water (Epsom salts can be added) for ~10 minutes. You can move wrist and hand in the water.
- With lotion, gently massage in a circular motion on and around the scar for ~5 minutes (as tolerated).
- A silicone strip can be used at night to decrease redness, thickness, decrease itching, tingling and/or burning at the scar. This will be discussed with your therapist.

DESENSITIZATION PROGRAM

Your scar may be overly sensitive to touch, different textures, pressure, vibrations, hot and/or cold. Your therapist will review techniques to decrease these symptoms.

MODALITIES

If your pain and/or scar is not improving within a certain time frame, your therapist might introduce modalities to assist with these issues. This may include moist heat/wax, ultrasound, deep tissue massage and stretching exercises. Please advise your therapist or doctor should any of these exercises worsen your condition.