

Name _____

Date _____

Physician _____



proaxistherapy™

Patient Flow Sheet

Carpal Tunnel Release Steadman*Hawkins Protocol

Carpal Tunnel Release Steadman Hawkins Protocol

0-7days Post operative
Educate patient in P/AROM of fingers and elbow while still in bulky dressing and edema control (provide Edema Education Sheet).

5-7 days Bulky dressing removed and light compressive dressing applied as needed.
Progress treatment after sutures are removed.
AROM: Tendon gliding to digits and thumb
Nerve gliding exercises to digits and thumb
Wrist extension and flexion (Avoid extreme flexion to protect incision)
Radial/ulnar deviation, pronation/supination
Avoid forceful gripping and pinch
Desensitization/Resensitization: Provide Desensitization/Resensitization sheet
Ice pack
Educate: HEP 3-5 times a day, discuss job/ADL tasks that increase symptoms of CT, proper body mechanics, use of tools and avoidance of vibration
Do not shake when tingling occurs, instead continue passive forearm stretching
Begin to use hand for light ADL's without resistance.

Week 2 Scar massage: when sutures removed, gentle dry massage until wound closed, then add Vitamin E oil.
Gentle debridement as needed
Desensitization/Resensitization: Variety of progressive media applications
Continue week 1 activities (Paraffin PRN if joints tight and wound closed).
Use hand for light ADL's with little to no resistance.

Week 3 AROM progress with wrist flexion.
Progressive strengthening: hand gripper, pinch pins, putty.
Gentle Transverse Carpal Ligament stretch.
Education: Review of all ADL/Job tasks and ergonomic changes.
Use hand for ADL's with little to moderate resistance.

Week 4 Continue strengthening and ROM activities.
Use hand for ADL's with moderate to full resistance.

Return to Activities

Computer	Week 1 with splint on, week 7 without splint
Tennis	Week 8
Golf	Week 8