

Name _____

Date _____

Physician _____



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Patient Flow Sheet

Carpal Tunnel Syndrome Steadman*Hawkins Protocol

Week 1 Baseline evaluation: sensation, ROM, pain, strength, ADL Independence and ergonomics.

Desensitization/ Resensitization: Variety of progressive media applications.

AROM: Tendon and Nerve gliding exercise, forearm stretch (flexion/extension) Transverse Carpal Ligament Stretch (provide picture exercises of each).

Splint: Fabricate or off shelf wrist immobilization as needed.

Modalities: May do US, phonophoresis, and iontophoresis, continue ice.

Educate: anatomy, HEP, ice, splint wear and care, "do not shake" stretch forearm instead, avoid vibration, and discuss ergonomics/Activities of Daily Living (ADL's). adaptations.

Week 2 Continue above treatment activities, re-evaluate to assess progress.

Strengthening: forearm, hand helper, pinch pins (avoid aggravating symptoms)

Discuss ADL adaptations.

Week 3 Symptoms should be improving both objectively and subjectively.

Continue above treatment activities, re-evaluate to compare progress.

Strengthening can be increased for forearm and hand/fingers.

Discuss ADL adaptations.

Week 4 Re-evaluate and compare to baseline and patient satisfaction.

Pt. Should have made ADL adaptations at home and work.

May continue with HEP for many weeks/months, symptoms should be resolving (usually slowly).

If symptoms persist for more than 3-6 months, refer to physician for further determination of treatment options.

Return to Activities

Computer

Week 1 with splint on, week 7 without splint

Tennis

Week 8

Golf

Week 8