



Carpal Tunnel Release Protocol

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Post-Op Weeks 1-2:

- Elevate arm and perform finger ROM exercises
- Minimize swelling and promote soft tissue healing

Post-Op Weeks 2-4:

- Tendon Gliding Activities
- Scar management
- Light functional use of hand (eating, typing) with lifting less than 1 lb.
- No gripping tightly or pulling/pushing objects

Post-Op 4-8 Weeks:

- Continue progressive hand ROM exercises
- Strengthening program is gradually increased
- Progress to independent and functional use of the hand