



SHAYNE KELLY, DO

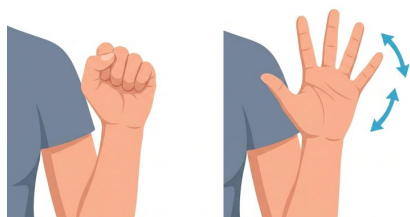
ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHODOTCOM

After Carpal Tunnel Release: First Two Weeks

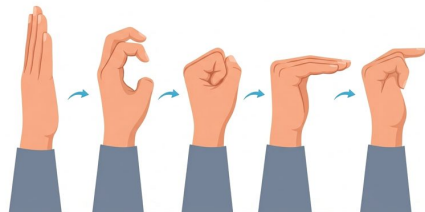
PRECAUTIONS — READ FIRST

Keep the dressing clean and dry until your follow-up visit. It is good to *USE* your hand for light everyday activities, but avoid gripping or lifting anything heavier than a coffee cup with the operated hand for the first two weeks. Elevate the hand and make gentle fists to help swelling.



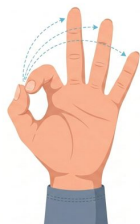
Finger Range of Motion 10 times, 3-4 times a day

Make a full fist, then open the hand and spread the fingers wide.



Tendon Glides 5 rounds, 2-3 times a day

Move through five positions in order: fingers straight — hook fist (bend only the top two joints) — full fist — tabletop (bend only the big knuckles, fingers straight) — straight fist (big knuckles and middle joints bent, fingertips straight). Hold each position 2-3 seconds.



Thumb Opposition 5-10 circuits, 2-3 times a day

Touch the tip of your thumb to the tip of each finger in turn, making a round 'O' each time.



Gentle Wrist Motion 10 times, 2-3 times a day

With the forearm supported, gently bend the wrist up and down as far as feels comfortable.





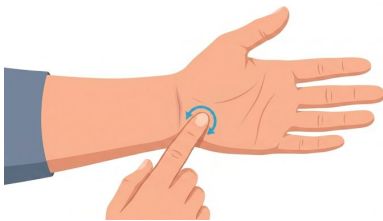
Median Nerve Glide 5 times, 1-2 times a day

With your arm at your side and palm facing forward, gently straighten the elbow, wrist, and fingers until you feel a light pull — never pain. Release.



Elevation + Fist Pumps 10-15 pumps, several times a day

Several times a day, raise the hand above heart level and slowly open and close the fist to pump swelling out.



Scar Massage (starting at 2 weeks) 2-3 minutes, 2-3 times a day, starting at 2 weeks

Once the incision is fully closed and sutures are out (about two weeks), massage the scar firmly with a fingertip in small circles and side to side for 2-3 minutes. A drop of lotion helps.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.