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Carpal Tunnel Release

General Guidelines

- Begin gentle movement within a few days after surgery (as advised by Dr. Levin).
- Avoid forceful gripping, lifting, or weight-bearing on the hand until cleared.
- Perform each exercise 3–5 times per day.
- Do 10 reps of each exercise unless noted.
- Stop or modify if pain increases.

Week 1–2: Gentle Range of Motion & Swelling Control

1. Tendon Glides

- Start with fingers straight.
- Make a hook fist, then a full fist, then a straight fist.
- Return to start each time.
- Helps prevent scar tissue and stiffness.

2. Nerve Glides

- Arm outstretched, palm up.
- Slowly extend wrist and fingers, then gently bend them down.
- You can add head tilt away from the arm if tolerated.
- Should feel light stretch, not sharp pain.

3. Wrist Flexion/Extension AROM

- Gently bend the wrist forward and backward.

- No added resistance

4. Finger Abduction/Adduction

- Spread fingers wide apart, then bring them together.

5. Thumb Opposition

- Touch the tip of the thumb to each fingertip one at a time.

6. Elevation & Ice

- Keep hand elevated when resting (e.g., on pillows).
- Ice for 15–20 min if swelling is present.

Week 2–4: Strengthening & Function

7. Wrist Isometrics (light resistance)

- Press the hand gently against a surface (wall or opposite hand) in all directions:
 - Flexion, extension, radial and ulnar deviation
- Hold each for 5 seconds

8. Sponge or Putty Squeezes

- Use a soft therapy ball or sponge.
- Squeeze gently (not painful), hold 5 seconds, release.

9. Pinch Strengthening

- Pinch a small soft object between thumb and index/middle fingers.

10. Functional Activities

- Gradually return to light tasks (buttoning, writing, typing)
- Avoid heavy gripping or repetitive motion until cleared by Dr. Levin

Dr. Levin will determine whether you need formal occupational/hand therapy based on your progress at 4 weeks postoperatively.

