



Jared M. Mahylis, MD

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Shoulder, Elbow, & Upper Extremity Surgeon

Carpal Tunnel Release

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Specialty Physicians of Illinois
Olympia Fields, IL

Phase I: (0 to 2 weeks after surgery)

Goals: limit pain. ensure wound healing.

1. Patients should maintain splint until seen in clinic. You should cover your splint for showing
2. Sutures will be removed at your office visit.

Phase II: (2 to 4 weeks after surgery)

Goals: Initiate ROM

1. Begin active, active assisted and passive wrist flexion, extension, pronation, supination and deviation without limitation.
2. Limit weight bearing to 1 lbs. for 4 weeks to protect wound.
3. Wear nocturnal extension splint to prevent irritation
4. May shower and get incision wet.

Phase III: (4 to 6 weeks after surgery)

Goal: Progress ROM and initiate strengthening.

1. Advance active and passive ROM in all planes to tolerance.
2. Initiate slow progressive strengthening of hand and wrist under therapy guidance: