

Carpal Tunnel Syndrome

Information for Patients Following Surgery

What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome (CTS) is a common condition caused by pressure on the median nerve as it passes through a tunnel in the wrist. Symptoms may include hand pain, pins and needles and weakness. In severe cases of CTS, people may have difficulty gripping and notice wasting of the small hand muscles.

What does Surgery for Carpal Tunnel Syndrome involve?

Your Surgeon may perform an endoscopic or open Carpal Tunnel Release (CTR). Both procedures involve surgical division of the flexor retinaculum, producing greater space in the carpal tunnel and less pressure on the median nerve.

What should I expect after Surgery?

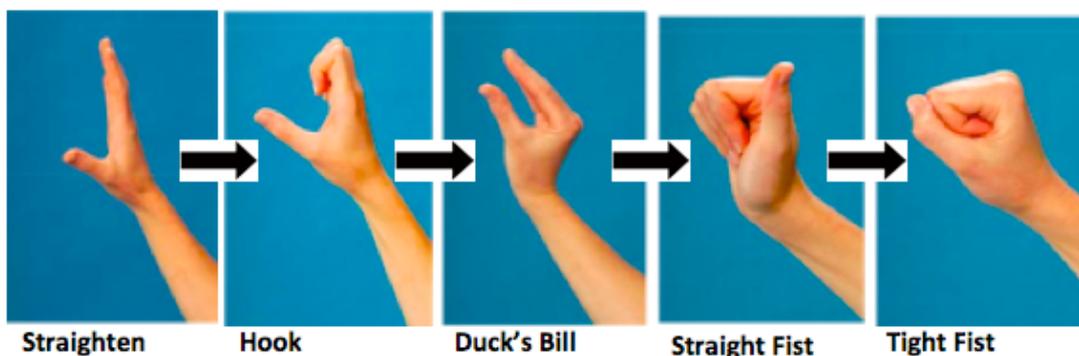
Some pain and swelling is common after Surgery. Your Doctor / Nurse will assist you in managing your pain through prescribing medications. You can further control your pain and swelling through elevation of the hand / arm in the first 48 hours after your surgery. Your hand should be elevated above the level of your heart.

Do I need Hand Therapy after my Surgery?

Early Hand Therapy can help patients to prevent some of the complications that may occur following surgery. For example, a light compression bandage in the early days after surgery can help to control your swelling, thereby enabling easier return of finger movement. Furthermore, Hand Therapists can provide you with important information about what you can and cannot do with your hand after this procedure.

Should I perform exercises after my Surgery?

It is generally recommended that you start very gentle finger and thumb movements within 24 hours of your surgery. The following exercises are a simple example of some of the early beneficial finger movements you can perform. We would suggest performing these exercises 2-3 times per day, repeating each movement 5 times.



Please call our friendly Hand Therapy team on 4031 8878 for more information or to arrange an appointment