



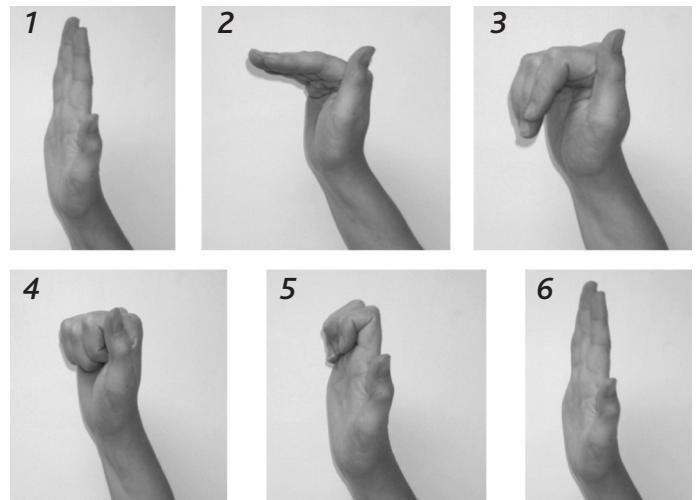
REHABILITATION

Carpal Tunnel Decompression

You can start these exercises 2 days after your surgery, once you remove your bulky, padded bandage. Continue until normal motion has returned.

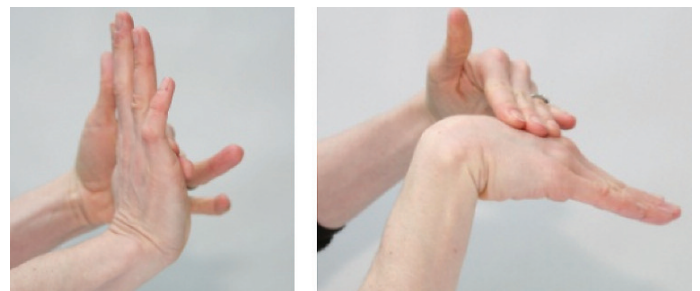
Tendon Gliding

Complete as a sequence, as numbered



Wrist Flexion/Extension

Bend and straighten the wrist until you feel a stretch in each direction. If this is stiff use your other hand to apply a gentle stretch in each direction.



Scar Management

About 3 days after your sutures are removed, once the wound is fully healed, you can commence strategies to reduce the redness and sensitivity of your surgical scar.

Scar Massage

Apply deep circular massage with firm pressure 3 times daily for 3 minutes to the scar and surrounding area.

You may use a non-scented moisturiser to help with this and to soften the skin.

Scar Desensitisation

Lightly tap/stroke the scar for 30 seconds, 5 times daily