



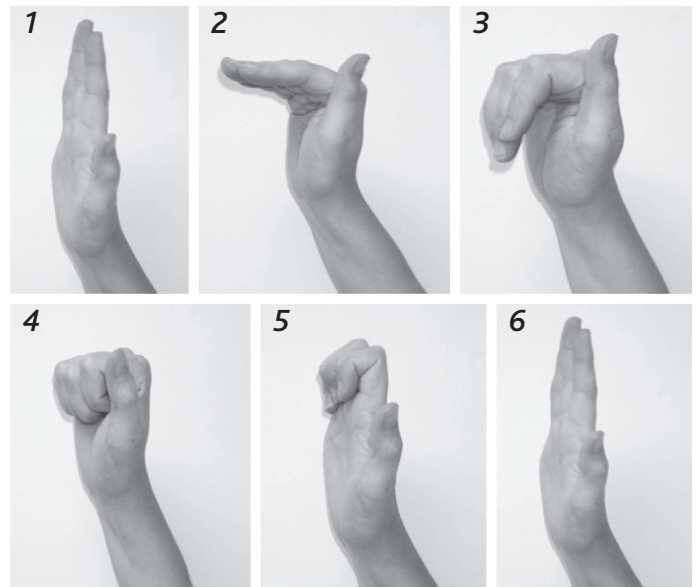
REHABILITATION

Carpal Tunnel Decompression

Sequences to be completed 10 times every 2 hours during the day. Hold each position for 5 – 10 seconds each time. Continue until normal motion had returned.

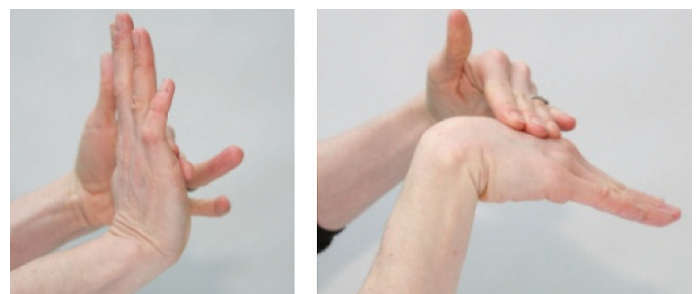
Tendon Gliding

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

Scar massage should be carried out 3 to 4 times daily for at least five minutes each time.

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.