

Post-Operative Therapy Program for Carpal Tunnel Release

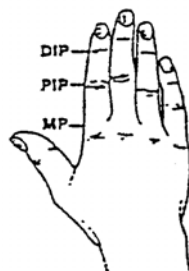
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- Extension – straightening the fingers
- Flexion – bending the fingers
- Active Motion – Using your own muscle power to do the motion
- Passive Motion – Using your uninjured hand to move the involved fingers through the motion

* Perform each exercise _____ repetitions _____ times a day.

FINGER EXERCISES

1. Bend and straighten all fingers:
 - a) actively, using your own muscle power
 - b) passively, using your other hand to do the motion.



2. Blocking exercises (individual finger joint exercises)
 - a) block the MP joint and bend the PIP joint
 - b) block the PIP joint and bend the DIP joint.



Middle Joint

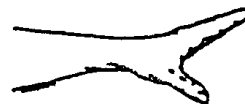
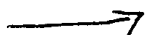


Tip

3. Isolated finger exercises – while holding three fingers in extension, bend MP and PIP joints.
 - Go easy – Slow
 - Hold down 3, move 1
 - Do each finger



4. Make a fist then straighten your MP joints while keeping the PIP and DIP joints flexed. Follow this with straightening your fingers.



5. With palm flat on table, raise and lower each finger.
6. Straighten thumb out like a hitchhiker, then bend thumb back across the palm to touch the base of the small finger. (actively/passively)

7. Make large, circular motions with your thumb.

