

## **Carpal Tunnel Syndrome (Non – Surgical)**

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

*Patient can be progressed through phases of protocol more rapidly than time frames given, as tolerated.*

### **Phase I: 0 – 4 weeks**

#### **Goals for Phase I:**

1. Swelling and pain control
2. Functional ROM
3. Functional strength

- A. Orthotics: Wrist splint used for rest, protection and swelling control as needed; emphasize use of night splints
- B. ROM: Work to restore full A/PROM as needed (wrist flexion/extension stretching as tolerated), ulnar glide pisiform mobs/stretching to stretch transverse carpal ligament.
- C. Strengthening: Start with AROM and ease into PRE's, progress as tolerated, *do not overstrain and avoid repetitive end ranges.*
- D. Functional activities: Use hand for ADL's as tolerated.
- E. Soft tissue management: swelling control, desensitization
- F. Modalities: Utilize for pain, inflammation (iontophoresis/US), swelling control/ice.

### **Phase II: 4 - 6 weeks**

#### **Goals for Phase II:**

1. Normal ROM
2. Good strength
3. Begin work/sports activities

- A. Orthotics: Continue wrist splint use as needed
- B. ROM: Continue ROM as needed
- C. Strength: More aggressive PRE's, weights, thera-band etc. as tolerated
- D. Functional activities: sports/work related activities as tolerated

### **Phase III: 6 weeks to release**

#### **Goals for Phase III:**

1. Normal strength
2. Return to work/sports

- A. Continue strengthening/conditioning/functional activities as needed