

## **Guyon Canal Release**

**\*\*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.

### **Phase I: 0-3 weeks**

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

1. Educated in desensitization exercises over incision/hand.
  2. Progression from post-op splint to removable wrist splint.
  3. Full range of motion of fingers
  4. Minimal to no swelling in hand/fingers.
- A. Orthotics: Patient will be immobilized in post-operative dressing for one week. Patient will be progressed from post-op splint to a wrist splint after one week. Wrist splint is to be worn 23 of 24 hours per day.
- B. ROM: Work to restore full range of motion in fingers immediately after surgery. Restore normal elbow, shoulder ROM as needed. Patient is not to begin wrist range of motion until beginning of 4<sup>th</sup> week post op.
- C. Gentle sponge squeeze/gripping activities may begin if wrist is maintained in neutral extension.
- D. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, emphasize desensitization over hand/wrist (for prevention Reflex Sympathetic Dystrophy)
- E. Modalities: Can utilize for pain, inflammation, swelling control, and/or muscle re-education as necessary

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

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

1. Functional wrist ROM
  2. Exhibits functional strength in wrist.
  3. Able to perform ADLs with minimal complaints (without splint).
- A. Orthotics: Progressively decrease use of wrist splint
- B. ROM: work to restore full active and passive ROM of wrist and forearm
- C. Strengthening: begin with AROM before progressing to resistive exercises using theraband, tubing or free weights for the wrist. Continue grip strengthening as tolerated. Elbow and shoulder strengthening.
- D. Soft tissue management: Continue scar massage, desensitization etc. as needed
- F. Modalities: continue as needed

### **Phase III: 6 - 10weeks**

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

1. Full wrist ROM
  2. Functional wrist/hand strength
  3. Performs ADLs without difficulty
  4. Begin sport/job related activities
- A. ROM: Continue as needed
- B. Strengthening: Progress to more aggressive exercises, increased resistance as tolerated.
- C. Functional activities: Begin specific job/sport conditioning.

### **Phase IV: 10 weeks to release**

#### **Goals for Phase IV:**

1. Normal wrist/hand strength
  2. Return to full job/sports activities
- A. Continue strengthening, conditioning, and functional activities as needed