



**ORLANDO HAND SURGERY ASSOCIATES
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Carpal Tunnel Release

POD 8-10:

Splint: The post-operative dressing and sutures are removed and the patient will have steri-strips applied

Motion: No therapy for primary CTR but encourage AROM and PROM as tolerated

- If patient had a revision CTR, they will begin OT for PROM, AROM, scar massage and desensitization.
- Numbness and tingling will slowly resolve in most patients but it can take up to a year in patients with severe CTR. Thenar muscle atrophy does not significantly improve.
- Patients can expect palm soreness for 3 months typically.

Please call with questions or concerns at the phone number above.