

## Key Points

Elevate your hand to prevent swelling.

You can use your hand for very light activities but any heavier tasks should be avoided for 6 weeks.

## Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Freephone (City Hospital Campus):**

0800 052 1195

**Freephone (QMC Campus):**

0800 183 0204

**From a mobile or abroad:**

0115 924 9924 ext 65412 or 62301



**Minicom:** 0800 183 0204

**E-mail:** [pals@nuh.nhs.uk](mailto:pals@nuh.nhs.uk)

**Letter:** NUH NHS Trust, c/o PALS,  
Freepost NEA 14614,  
Nottingham NG7 1BR

[www.nuh.nhs.uk](http://www.nuh.nhs.uk)

# Advise and Exercise Following a Carpal Tunnel Decompression

## Physiotherapy Department

This document can be provided in different languages and formats. For more information please contact:

Physiotherapy Department  
City Campus

Tel: 0115 9627679

## Date:

The tendons that bend your fingers and thumb, plus the main nerve, travel through a tunnel at the wrist as they make their way towards the hand.

If the size of this tunnel is reduced for any reason, the nerve may get compressed.

This nerve compression can cause pain, tingling, numbness and weakness in the hand and forearm. At first these symptoms may be intermittent, but they can progress to become constant.

## Surgery

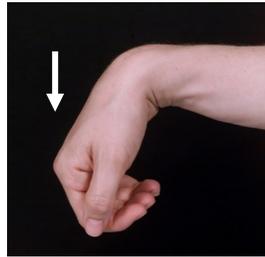
The aim of surgery is to relieve the pressure on the nerve by opening the tunnel.

This can relieve the symptoms in the hand. It may take a few weeks for the symptoms to resolve as the swelling after the surgery takes time to subside.

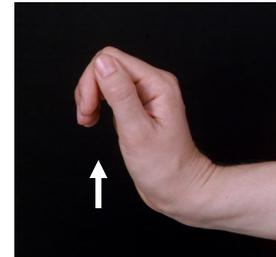
Sometimes the symptoms remain unchanged after the surgery. The aim of surgery in this case is to prevent the symptoms getting worse.

## Exercises

1. Keep your hand elevated (in a sling / resting on pillows) at all times to reduce swelling.
2. Regularly stretch your injured arm up towards the ceiling, this will prevent your shoulder and elbow getting stiff.
3. Bend your hand downwards from the wrist, then stretch it upwards to prevent your wrist becoming stiff. This needs to be done with the fingers relaxed then with the fingers out straight



Number of times: \_\_\_\_\_ per hour



4. Move your hand from side to side.



Number of times: \_\_\_\_\_ per hour



## Exercises

5. Bend your fingers into your palm as if you are making a tight fist, then straighten them fully



Number of times: \_\_\_\_\_ per hour

6. Bend your fingers down to make a hook fist, then straighten them fully.



Number of times: \_\_\_\_\_ per hour