



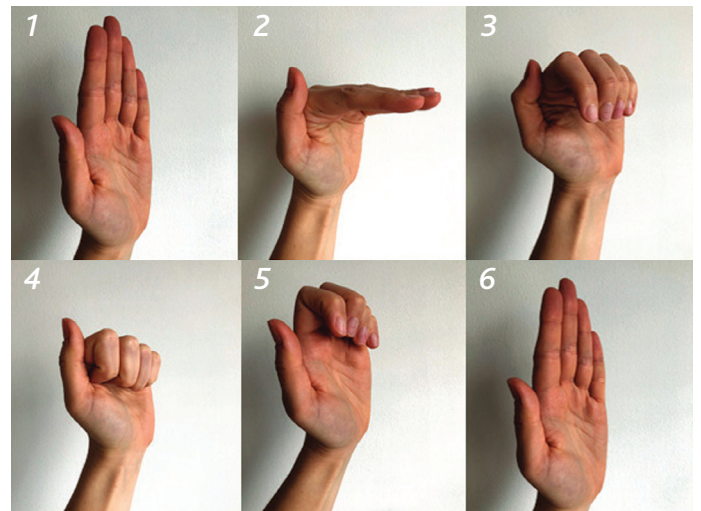
REHABILITATION

# Carpal Tunnel Decompression

*Sequences to be completed 10 times every 2 hours during the day. Hold each position for 5 – 10 seconds each time. Continue until normal motion has returned.*

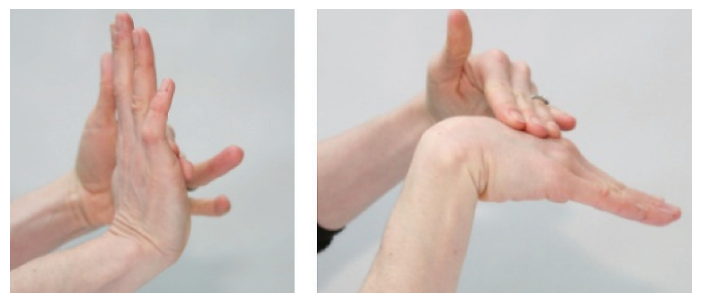
## *Tendon Gliding*

Complete as a sequence, as numbered



## *Wrist Flexion/Extension*

Bend and straighten the wrist until you feel a stretch in each direction. If this is stiff use your other hand to apply a gentle stretch in each direction.



## *Scar Management*

About 3 days after your sutures are removed, once the wound is fully healed, you can commence strategies to reduce the redness and sensitivity of your surgical scar.

## *Scar Massage*

Scar massage should be carried out 3 to 4 times daily for at least five minutes each time.

You may use a non-scented moisturiser to help with this and to soften the skin.

## *Scar Desensitisation*

Lightly tap/stroke the scar for 30 seconds, 5 times daily.