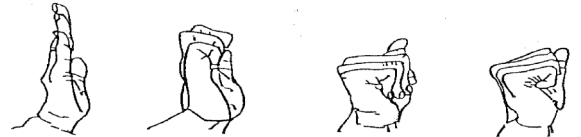


# Carpal Tunnel - Post Operative Exercises

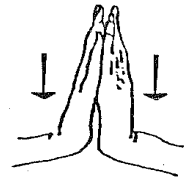
## Finger Exercises

Starting from a straight position, do 10 repetitions of each type of fist shown:



## Wrist Exercises

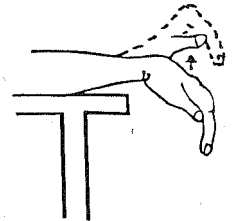
The following exercises will help to improve the movement in your wrists. Carry out 10 times each, 3 times per day. Put the palms of your hands together, with your fingers pointing upwards. Keeping your fingers together gently lift your elbows out to the side until you feel the stretch over the front of your wrists.



Place your elbow on the table and twist your hand and forearm clockwise and anti-clockwise.



Resting your forearm on a table, with your wrists free over the edge, bend and straighten your wrists as far as you can 10 times, then bend your wrists from side to side, then rotate your wrists in circles. Keep your forearms in contact with the table.



## Important Information

- Keep the dressing dry. Try not to disturb it until .....
- Do not allow your hand to hang down by your side.
- If you experience pain, numbness, tingling, excessive swelling, discharge through your dressing or discoloration of the fingers, in the first instance please contact
- the Outpatients Department Mon –Fri, 8.30am —4.30pm 0121 685 4040 or Switchboard 0121 685 4000
- Outside of hours, contact the hospital switchboard on 0121 685 4000 and ask for the Sister on call for the hospital.
- Do not partake in heavy manual work until you are told it is safe to do so.
- Take painkillers as prescribed.
- If you have been instructed to wear a sling, remove your arm from the sling every 1-2 hours. Exercise the shoulder and elbow to prevent them from getting stiff. Also bend and straighten your fingers.
- If you cannot keep your outpatient appointment please ensure that you telephone the Appointments Department on 021 685 4186, to inform a member of staff.