

**RADIAL TUNNEL RELEASE
DR. MENCAS, MD**

3-5 DAYS POST OP

Initial evaluation can be performed.

Initiate light dressing with elastic stockinette, separate elbow piece from forearm and wrist.

Initiate A/PROM to the elbow, forearm, and wrist.

Initiate gentle and slow nerve gliding

Note: Isolate supinator (shoulder flexion, elbow flexion for supination/pronation) and wrist flexion.

Avoid combined elbow extension, forearm pronation, with wrist flexion until 3 weeks post op

10-14 DAYS POST OP

Scar management is initiated lightly once sutures are removed. Avoid deep tissue massage as to avoid irritation to the radial nerve.

Patient education: return to light ADLs, no lifting over 5#, avoid activities with the arm away from the body with any weight, limit repetitive wrist and forearm activities.

6 WEEKS POST OP

Initiate hand strengthening with putty and hand exercises. This cannot generate preop symptoms.

8 WEEKS POST OP

Progressive strengthening to the elbow, forearm, and wrist with 1-2#.

Note: A splint is not required at the initiation of therapy. A wrist splint may be added as needed in between exercises and at night. This is dependent on activity level and nerve pain.