

## Radial Tunnel Release

- Phase I- Acute /Beginning Phase (Weeks 1-2)
  - Week 1
    - Rest
    - Ice
    - Compression
  - Week 2
    - Remove stitches at end of week 2
    - Goals
      - Protect Incision
      - Limit Inflammation
      - Restore Wrist/Elbow ROM
    - Modalities
      - Cryotherapy
    - Exercises
      - Use compression wrap to limit inflammation/swelling
      - PROM shoulder/wrist/elbow
      - AROM wrist- no supination
      - Shoulder isometrics- ER, IR, AB, Flex, Ext
    - ***Criteria to progress to stage II***
      - Full wrist PROM
      - Minimal swelling

- **Phase II – Intermediate Phase (weeks 3-6)**
  - \*\*\* Stretch elbow/wrist before and after therapy\*\*\*
  - Goals
    - Strengthen wrist musculature
    - Begin to re-establish shoulder strength
  - Modalities
    - MHP
    - Ultrasound
    - Cryotherapy
  - Exercises
    - Continue use of compression to limit swelling
    - Begin ER/IR tubing at 0 deg Abduction
    - Scaption
    - Abduction
    - Prone Row
    - Prone Hor. Abduction
    - Prone scaption w/ ER
    - Prone extension
    - Bicep curls
    - Tricep extension
    - Wrist flex/ext
    - Supination/Pronation
    - Light Gripping Activities

- 
- **Criteria to progress to Phase III**
    - Full non-painful wrist/elbow AROM
    - No inflammation during or post-exercise
    - Satisfactory Manual Muscle test
  - **Phase III- Advanced Phase (weeks 6-8)**
    - **\*\*\*Stretch elbow/wrist before and after workout\*\*\***
    - Goals
      - Continue to improve shoulder/elbow/wrist strength
      - Prepare athlete for return to sports program
    - Modalities
      - MHP
      - Cryotherapy (post exercise)
    - Exercises
      - Continue all exercises from Phase II
      - Machine Bench Press
      - Lat Pulldowns
      - Machine Row
      - 2 arm plyometrics
        - Chest pass, soccer throw, side-to-side throws
      - 1 arm plyometrics
        - Wall dribble, 90-90 throw, 90-90 wall throw
    - **Criteria to progress to Phase IV**
      - Satisfactory MMT
      - No pain or inflammation with exercises or post exercises

- **Phase IV-Return to sport**
  - **\*\*\*Stretch before and after workout\*\*\***
  - Must be cleared by MD prior to initiating return to sport program
  - Continue all exercises
  - Initiate throwing/ hitting program