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## CARPAL TUNNEL

James C. Holmes, M.D.  
General Orthopaedics  
Sports Medicine  
Surgery of Knee

Day 3

- Change dressing, clean and inspect wound, therapy 1- 2X/week
- apply splint, wrist 30 degrees extension, fingers free
- begin finger active and assisted ROM to \maintain full ROM

Timothy J. Birney, M.D.  
General Orthopaedics  
Spinal Surgery

Day 14

- Discontinue splinting, therapy 1-2x/week
- begin active and assisted wrist ROM
- instruct on scar massage
- begin progressive resistance program with putty/hand gripper
- goal is 80% or better strength by post op week 6, full ROM
- Record ROM and Strength weekly

Ted Parks, M.D.  
General Orthopaedics  
Sports Medicine  
Arthroscopic Surgery

Armodios M. Hatzidakis, M.D.  
General Orthopaedics  
Shoulder and Elbow

Gareth E. Shemesh, M.D.  
Physical Medicine and Rehabilitation  
Electrodiagnostic Medicine

Therapy note to physician for week 6 appointment to include  
Weekly measurements

Raj Bazaz, M.D.  
General Orthopaedics  
Sports Medicine  
Arthroscopic Surgery

Kevin K. Nagamani, M.D.  
General Orthopaedics  
Foot and Ankle

Brian J. White, M.D.  
General Orthopaedics  
Sports Medicine  
Arthroscopic Surgery

Steven M. Traina, M.D.  
General Orthopaedics  
Sports Medicine  
Knee and Shoulder Surgery

Thomas G. Mordick II, M.D.  
Hand Surgery

Valerie C. Suleski, M.A.  
Practice Administrator

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Foster Matchett, M.D.  
(1902 - 1979)

Charles Brown, M.D.  
(1917 - 2005)

Fred F. Teal, M.D.  
Retired

Theodore J. Clarke, M.D.  
Emeritus

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