

Therapy after surgery for Carpal Tunnel at STARS

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Technology-enhanced, group-based hand therapy

We would like to do research to explore a new model of care for hand therapy after Carpal Tunnel Release (CTR) surgery. The aim is to provide high level patient care and an effective, efficient service.

Traditionally, hand therapy after CTR surgery is one-on-one, in-person at 2 weeks & 6 weeks post-surgery, and written handouts are provided to follow a home program. The new model of care involves an in-person **group session** at 2 weeks post-operation, and then a one-on-one **Telehealth session** at 6 weeks post-operation, with videos of home program (eg. exercises) accessed via an app on your phone or computer.



Our questions for you

What are your thoughts about seeing a hand-therapist to learn about post surgical management in a group (2-5 people)?

What are your thoughts about doing a hand therapy appointment via Telehealth?

What are your thoughts about having videos of exercises/home program on your phone or computer compared to a handout?

Future involvement opportunities

Who: People who have had Carpal Tunnel Release surgery previously

What: Give feedback and input to enhance the program and research

When: from now to December 2023

Where: Discussions could be via phone, face-to-face or zoom and may involve some email communication (can be flexible depending on your preference)

How: Currently seeking grant funding to include remuneration for consumer involvement.

Why: Consumer involvement will enhance the program and subsequent research.



Scan the QR Code to get in touch with the researcher about consumer involvement on this project.

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