

Ganglion Cyst Removal

Ganglion Cyst Removal is performed for:

1. Relief when a fluid filled cyst develops creating pain and reduced range of motion that can impact function.

Rehabilitation Protocol for Ganglion Cyst Removal

Some of the hand therapy terms may be unfamiliar to you now. They will become clear as you work with your hand therapist.

Time after surgery	Hand therapy/Support
Day 1 to 2 weeks	<p>During the first two weeks you can expect to:</p> <ul style="list-style-type: none"> • initiate wound / oedema management with the hand therapist • commence early active range of motion movement for finger, thumb and wrist • commence tendon gliding exercises immediately post op, ensuring pain and symptoms are not aggravated • sutures will standardly be removed by the hand therapist between 10-14 days • depending on the location and size of the ganglion, a resting brace may be fitted for a short period <p><i>Avoid heavy lifting / weight bearing, and keep wound dry from sweat and external moisture</i></p>
2 to 6 weeks	<p>During the next 4 weeks, you will:</p> <ul style="list-style-type: none"> • continue wound / oedema management with hand therapist advice • commence scar management / desensitisation • commence gentle strengthening exercises if pain is minimal • wrist range of motion exercises gradually increased • gradually upgrade functional use • continue tendon glide exercises <p><i>Avoid heavy weight bearing still</i></p>
6 to 12 weeks	<p>During the next 6 weeks, you can expect to:</p> <ul style="list-style-type: none"> • resume normal activities as tolerated • gradually increase strengthening, keeping progress pain free with easy and good quality movement • gradually increase weight bearing <p><i>Grip strength will gradually return in 6-12 weeks</i></p>

Milestones for Ganglion Cyst Removal

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ORTHOPAEDIC SURGEON
SHOULDER, ELBOW, WRIST & HAND

Time after surgery	What you can expect
Week 6	Full range of motion, flexion/extension, and rotation Pain free, return to driving and working
Week 12	>90% strength in comparison to opposite flexion/rotation Return to normal function

Return to functional activities

Activity	When you can expect to be able to do the activity
Return to work	4-6 weeks (light duties as tolerated) 6-10 weeks (heavier manual duties as tolerated)
Driving	2-4 weeks as tolerated
Swimming	2 weeks as tolerated once wound heals
Lifting	Avoid lifting heavy items for 3 months, after then, as guided by your strength
Golf	2-3 months
Return to usual functional ability	2-3 months