



EXERCISES



Carpal Tunnel Exercises

1. Stand with arm at side, fingers hooked/flexed.
2. Lift the arm to shoulder level, with elbows straight and the fingers pointing down to the floor.
3. Flex the wrist up and curl the fingers into a fist, while keeping the elbow straight.
4. Bend the elbow, keeping the hand in a fist and the wrist flexed.
5. Rotate the arm to the your side, maintaining the bent elbow, flexed wrist, and fist. Turn the head towards the fist.
6. Lastly, straighten the elbow and wrist, and release the fist, pointing the fingers again to the floor. Slowly lean and turn your head toward the opposite shoulder.

Repeat 1 Time
Complete 10 Sets
Perform 3 Times a Day



Carpal Tunnel Exercises part 2

7. Raise both arms up to shoulder level, bringing the backs of the hands together with the fingers pointing down at the floor. Pull shoulders back.
8. Bring hands up with palms together and shoulders inward, in a prayer position.
9. While keeping palms together raise both hands above your head.
10. Keeping palms together, bring both hands back behind the head, pulling shoulders back.
11. Stretch both arms out to the side at shoulder level, flexing the wrists and fingers into a fist.
12. Straighten out the fingers, bring arms down by your side and then back behind you. Bend wrist up so palms are facing the floor and stretch chin up.
13. Relax arms by your side and shake out your hands.

Repeat 1 Time
Complete 10 Sets
Perform 3 Times a Day



Carpal Tunnel Stretch

Position self as shown. Gently pull the thumb outward and down to stretch the tissues and ligament above the carpal tunnel.
Hold 20 sec

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 3 Times a Day



Full Grip

Start with the putty in ball or egg shape.

Slowly grip the putty with your fingers and thumb.

Only continue squeezing for as long as there is no pain in the hand, wrist or forearm.

Hold the grip for no more than 3-5 sec to prevent the risk of developing tendonitis or repetitive stress pain.

Repeat 5 Times
Hold 3 Seconds
Perform 3 Times a Day

