

Education

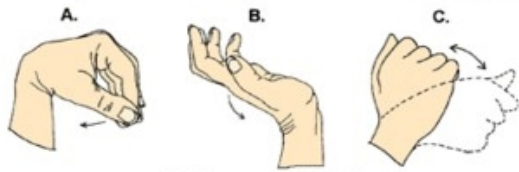
Carpal Tunnel Rehabilitation Exercises

You may do all of these exercises right away.

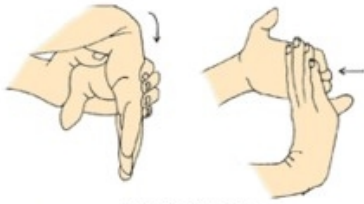
- Wrist: Active range of motion
 1. Flexion: Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.
 2. Extension: Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.
 3. Side to side: Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.
- Wrist stretch: With your uninjured hand, help to bend the injured wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets.
- Tendon glides: Start with the fingers of your injured hand held out straight. Gently bend the middle joint of your fingers down toward your upper palm. Hold for 5 seconds. Do 3 sets of 10.
- Scapular squeezes: While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds. Do 3 sets of 10.
- Wrist extension exercise: Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- Grip strengthening: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.

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Carpal Tunnel Syndrome Exercises



Active range of motion



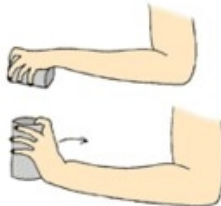
Wrist stretch



Tendon glides



Scapular squeezes



Wrist extension exercise



Grip strengthening