



## Exercise Program for Carpal Tunnel Syndrome

### STRETCHING EXERCISES

#### 1. Wrist Extension Stretch

##### Repetitions

5 reps,  
4x a day

##### Days per week

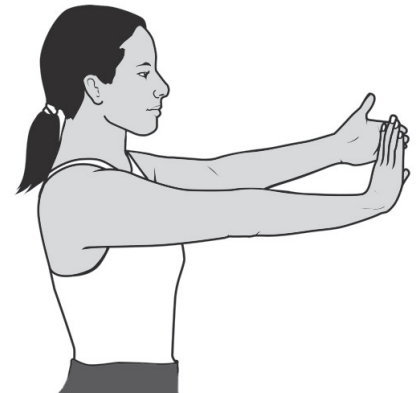
5 to 7

**Equipment needed:** None

**Additional instructions:** This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve gripping.

##### Step-by-step directions

- Straighten your arm and bend your wrist back as if signaling someone to “stop.”
- Use your opposite hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other arm.



**Tip** Do not lock your elbow.

#### 2. Wrist Flexion Stretch

##### Repetitions

5 reps,  
4x a day

##### Days per week

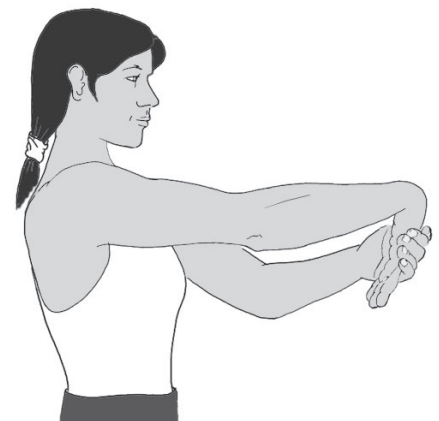
5 to 7

**Equipment needed:** None

**Additional instructions:** This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve gripping.

##### Step-by-step directions

- Straighten your arm with your palm facing down and bend your wrist so that your fingers point down.
- Gently pull your hand toward your body until you feel a stretch on the outside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other arm.



**Tip** Do not lock your elbow.



## Exercise Program for Carpal Tunnel Syndrome

### STRETCHING EXERCISES

#### 3. Medial Nerve Glides

##### Repetitions

10 to 15 reps  
a day

##### Days per week

6 to 7

**Equipment needed:** None

**Additional instructions:** Apply heat to your hand for 15 minutes before performing these exercises. After completing the exercises, apply a bag of crushed ice or frozen peas to your hand for 20 minutes to prevent inflammation. Hold each position below for 3 to 7 seconds.

##### Step-by-step directions

- Make a fist with your thumb outside your fingers (1)
- Extend your fingers while keeping your thumb close to the side of your hand (2)
- Keep your fingers straight and extend your wrist (bend your hand backward toward your forearm) (3)
- Keep your fingers and wrist in position and extend your thumb (4)
- Keep your fingers, wrist, and thumb extended and turn your forearm palm up (5)
- Keep your fingers, wrist, and thumb extended and use your other hand to gently stretch the thumb (6)



1



2



3



4



5



6

##### Tip

Do not put too much pressure on your thumb in position 6.



## Exercise Program for Carpal Tunnel Syndrome

### STRETCHING EXERCISES

#### 4. Tendon Glides

##### Repetitions

5 - 10 reps,  
2 to 3x a day

##### Days per week

Progress as  
tolerated

**Equipment needed:** None

**Additional instructions:** Apply heat to your hand for 15 minutes before performing these exercises. After completing the exercises, apply a bag of crushed ice or frozen peas to your hand for 20 minutes to prevent inflammation.

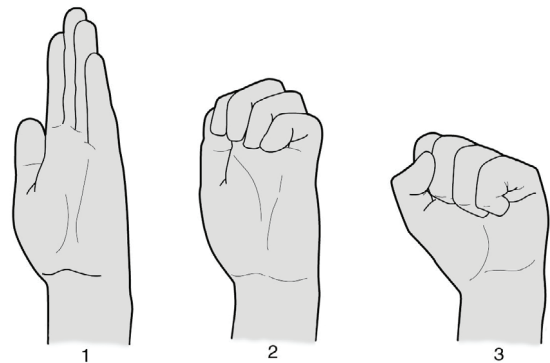
Two series of tendon gliding exercises are provided here. Follow these general instructions for both series:

- Proceed from position 1 through 3 in sequence
- Hold each position for 3 seconds
- As the exercises become easier to complete, increase the number of repetitions, or how many times per day you do them

##### Step-by-step directions for Series A

- With your hand in front of you and your wrist straight, fully straighten all of your fingers (1)
- Bend the tips of your fingers into the “hook” position with your knuckles pointing up (2)
- Make a tight fist with your thumb over your fingers (3)

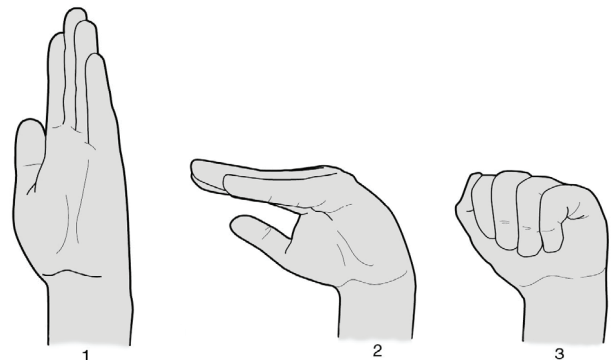
##### Series A



##### Step-by-step directions for Series B

- With your hand in front of you and your wrist straight, fully straighten all of your fingers (1)
- Make a “tabletop” with your fingers by bending at your bottom knuckle and keeping the fingers straight (2)
- Bend your fingers at the middle joint, touching your fingers to your palm (3)

##### Series B



**Tip** These movements may cause a gentle pulling, but should not cause increased pain.