

Carpal Tunnel Rehabilitation

THESE EXERCISES

This programme has specific exercises to strengthen the muscles of your forearm and hand, to treat and also prevent carpal tunnel syndrome. These exercises should be done at least once a day, or preferably twice a day time permitting. It is important to ensure the exercises are performed with good technique and control. We

have given suggested sets and repetitions. Remember everyone is different so your therapist may give guidance that is more specific to you.

The stretches are also performed to mobilise the tissues and joints, these can be done repeatedly during the day.

Wrist Flexion and Extension

Relax your forearm on a table, with your hand hanging over the edge of the table. Bend your wrist downwards, and then upwards, and repeat. This exercise can be used to improve the mobility of your wrist.



SETS

REPS



Video:

<https://www.youtube.com/watch?v=MYBrjpGMB-w>

Ball Squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeeze items.



SETS

REPS



Video:

<http://youtu.be/EMx8Ufccvik>

Median Nerve Glide Floss 1

Standing next to a wall, place your palm on the wall with your fingers facing down and arm straight, and side-bend your neck towards the opposite side, and then back towards the wall. You will feel a stretch in your arm, shoulder and slightly into the side of your neck. This exercise is a nerve glide.



SETS

REPS



Video:

<https://youtu.be/P2l9ojIX-lo>

Wrist Extension Band

Rest your arm on a table with your palm facing down. Hold an exercise band, and extend your wrist to create resistance in the band. This is a strengthening exercise for the wrist, forearm and elbow.



SETS

REPS



Video:

<http://youtu.be/YetNUU3sCH4>

Finger Flexion Active

Make a fist with your hand. Hold this position, and then relax the fingers. Use this exercise to increase finger mobility, especially if you have difficulty gripping.



SETS

REPS



Video:

<http://youtu.be/4NZ2drULuzc>

Wrist Flexion Stretch

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.



SETS

REPS



Video:

<http://youtu.be/gMI9dFSOehs>

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