

Carpal Tunnel Rehabilitation Exercises

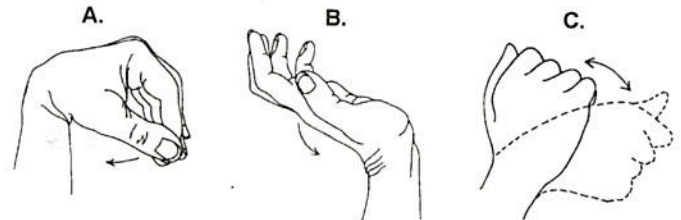
You may do all of these exercises right away.

1. Active range of motion

A. Flexion: Gently bend your wrist forward. Hold for 5 seconds. Repeat 10 times. Do 3 sets.

B. Extension: Gently bend your wrist backward. Hold this position 5 seconds. Repeat 10 times. Do 3 sets.

C. Side to side: Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Repeat 10 times. Do 3 sets.

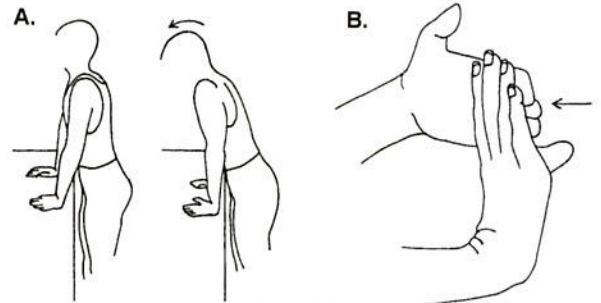


Active range of motion

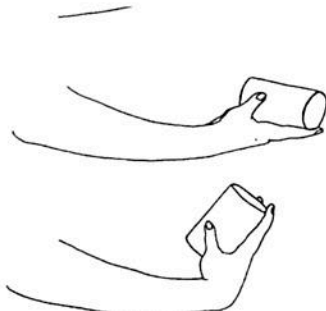
2. Stretching

A. Place both palms on a desk or table. Gently lean your body forward over your wrists and hold for 15–30 seconds. Repeat 3 times.

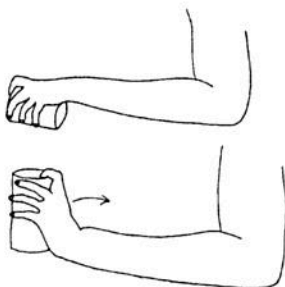
B. With your uninjured hand, help to bend the injured wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Do this twice.



Stretching



Wrist flexion



Wrist extension

3. 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. Repeat 10 times. Do 3 sets.



Tendon glides

4. Wrist flexion: Hold a can or hammer handle with your palm up. Bend your wrist upward. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets. Gradually increase the weight of the object you are holding.

5. Wrist extension: Holding a can or similar object with the palm down, bend the wrist up. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets.

6. Grip strengthening: Squeeze a rubber ball and hold for 5 seconds. Repeat 10 times.



Grip strengthening