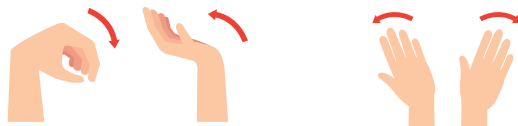


CARPAL TUNNEL SYNDROME STRETCHES



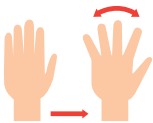
Certain activities that involve strenuous grip, repetitive motion, wrist bending or exposure to vibration may trigger the development of hand or wrist pain. The following stretches can help strengthen your hand and wrist — and may also relieve pain.

WARM-UP STRETCHES



Rotate your wrist up, down, and from side to side.

REPEAT 4 TIMES ●●●●



Lay your hand flat on a table, palm down, stretch your fingers far apart, relax them, then stretch them again.

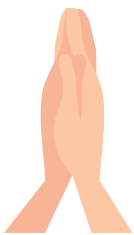
REPEAT 4 TIMES ●●●●



With your hand up in front of you, stretch your thumb by pulling it back gently, holding it, and then releasing it.

REPEAT 4 TIMES ●●●●

PRAYER STRETCH



1. Start with your palms together in front of your chest, just below your chin.
2. Slowly lower your hands toward your waistline, keeping your hands close to your stomach and your palms together, until you feel a mild stretch in your wrist and forearms.

 HOLD FOR AT LEAST **15 TO 30** SECONDS

REPEAT 2-4 TIMES ●●●●

HAND SQUEEZES FOR GRIP STRENGTH



Squeeze a stress ball or a soft rubber ball.

 HOLD FOR **5** SECONDS

REPEAT 10 TIMES ●●●●●●●●●●

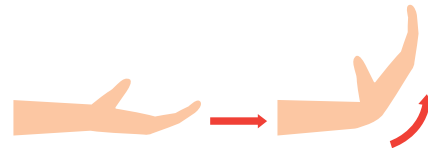


FIST STOP SIGN

1. Make a fist.
2. Slide your fingers up until they point toward the ceiling, like you're motioning to stop.

REPEAT 5-10 TIMES ●●●●●●●●●●

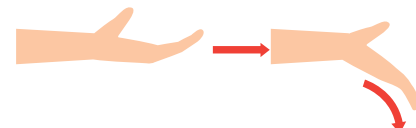
BASIC WRIST STRETCHES



1. Rest your elbow and arm on a table or chair arm, letting your wrist hang over the side, palm of your hand facing up.
2. Start with your hand in a straight, neutral position.
3. Bend your hand toward you, so your fingers point up toward the ceiling.

 HOLD FOR **5** SECONDS

--- RETURN TO A STRAIGHT, NEUTRAL POSITION ---



Bend your hand away from you so your fingers point down toward the floor.

 HOLD FOR **5** SECONDS

REPEAT 10 TIMES ●●●●●●●●●●

Carpal tunnel is a medical condition and the appropriate exercises or treatments for your carpal tunnel are best determined between you and your physician. The information above is not intended as medical advice, and we encourage you to work with your physician to identify exercises or treatments that are right for you.