

## Carpal Tunnel Rehabilitation Exercises

You may do all of these exercises right away.

- **Wrist 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 one hand, help to bend the opposite 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 on each hand.
- **Tendon glide:** Start with the fingers of your hand held out straight. Gently bend the middle joints of your fingers down toward your upper palm. Hold for 5 seconds. Do 3 sets of 10.
- **Scapular squeeze:** 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:** 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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Wrist range of motion



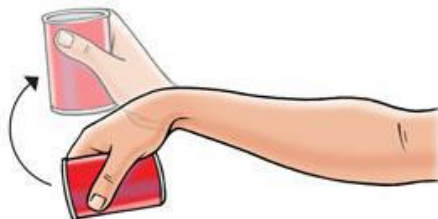
Wrist stretch



Tendon glide



Scapular squeeze



Wrist extension



Grip strengthening