

# Carpal Tunnel Master

And Beyond



## CARPAL TUNNEL SYNDROME EXERCISES

### STRETCHING EXERCISES

Exercises 1 and 2 flex and extend the hand and stretch the wrist. Bend the hand as shown in the pictures and apply moderate pressure to it with the other hand.

**Exercise 1 - Wrist Flexor stretch:** Bend the hand being exercised backward (*palm away from you*), with the fingers of the other hand, apply pressure.



**Exercise 2 - Wrist Extensor stretch:** Bend the hand being exercised forward (*palm toward you*), as shown in the photos. With the fingers of the other hand, apply pressure.



Exercises 3 and 4 are similar to 1 and 2 except that an object, such as a pad provides the resistance to the hand, instead of your other hand.

**Exercise 3 - Wrist Flexor stretch against surface:** With your arm held vertically, press your hand, palm down, on a firm surface, as shown in the picture.

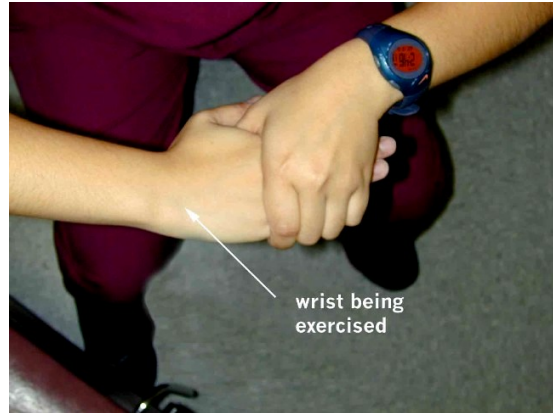


**Exercise 4 - Wrist Extensor stretch against surface:** With your arm held vertically, press your hand, palm up, on a firm surface, as shown in the picture.

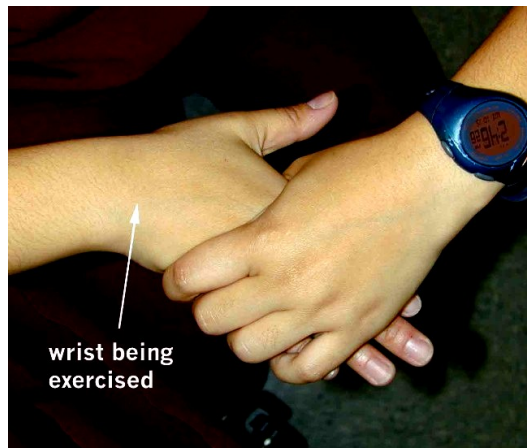


Exercises 5 and 6 involve the side to side range of motion of the hand.

**Exercise 5 - (Radial Deviation):** Place your hand palm downward. Grasp the fingers of the hand to be exercised with your other hand (as shown in the picture) and twist the hand toward you. Keep the hand horizontal.



**Exercise 6 - (Ulnar Deviation):** Place your hand palm downward. Grasp the fingers of the hand to be exercised with your other hand (as shown in the picture) and twist the hand away from you. Keep the hand horizontal.



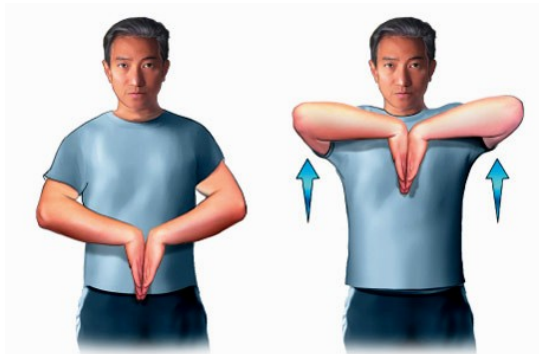
### Exercise 7 -Prayer stretch:

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 to moderate stretch under your forearms.
3. Hold for 10 to 20 seconds. Repeat 4 times.



### Exercise 8 – Reverse prayer stretch:

1. Start with the backs of your hands together in front of you at your waistline, with your forearms parallel to the floor.
2. Slowly bring your wrists up toward your face by bending your elbows until you feel a mild to moderate stretch in your forearms. Keep the backs of your hands together and your hands close to your body.
3. Hold for 10 to 20 seconds. Repeat 4 times



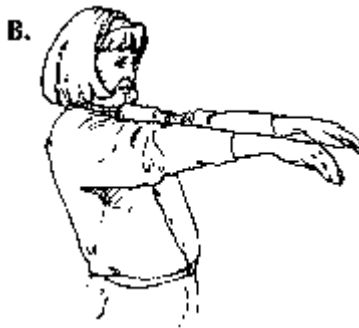
## **FREE EXERCISES**

(At the start of each shift and after each break)

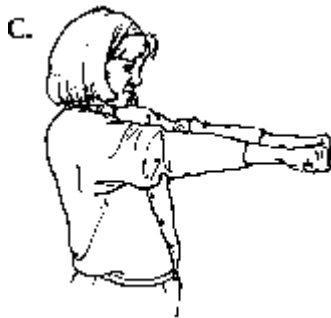
**EXERCISE 9:** Extend and stretch both wrists and fingers acutely as if they are in a hand-stand position. Hold for a count of 5.



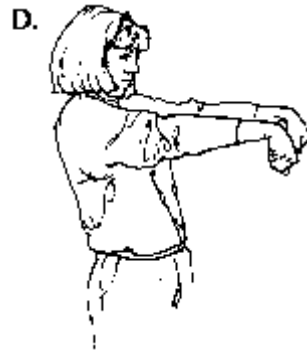
**EXERCISE 10:** Straighten both wrists and relax fingers.



**EXERCISE 11:** Make a tight fist with both hands



**EXERCISE 12:** Then bend both wrists down while keeping the fist. Hold for a count of 5.



**EXERCISE 13:** Straighten both wrists and relax fingers, for a count of 5.

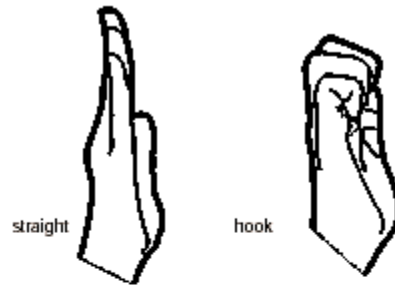


**EXERCISE 14:** Repeat exercise 10 times, then hang arms loosely at side and shake them for a couple of seconds. Total exercise time: 5-10 minutes.



# TENDON GLIDING EXERCISES

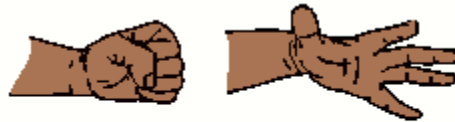
## Fist Extension Exercises



The tendons in the wrist need to glide freely as the wrist and the fingers move. These are three different exercises to help the tendons in the wrist glide more easily...



Start with the fingers in the straight position and then move the fingers into the hook fist position. Hold this position for five seconds, then relax. Repeat four more times. Repeat the same series for the straight fist and the full fist positions.



Make a loose fist, then release, fanning out fingers. Repeat five times



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**Thank you!**

**Your Carpal Tunnel Master Course is Below.**

**Please bookmark this page for your convenience.**

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Update January 18, 2012 I've added alternative links for iPad and iPhone users since these devices won't show Flash videos. Others having trouble loading videos can also try these links.

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