

Nottingham Family Wellness Centre

Carpal Tunnel Exercises

Stretches



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time. The stretch should be felt on the palm side of your forearm.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

Video ID: NUN4TAS



PRAYER STRETCH

Place the palms of your hands together to stretch the wrist as shown. The stretch should be felt on the palm side of the forearm.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

Video ID: BUNDUQU

Exercises



TENDON GLIDES

Perform the following series of movements with your hand.

Start with an open palm and then bend your fingers to a claw hand as in the upper right image. Next, return to an open palm and then to an "L" hand" as shown in the bottom right image. Next, return to an open palm and then make a fist as in the bottom left image. Finally, return to an open palm and then repeat the series.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Day

Video ID: 6H7CMGT

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Carpal Tunnel Exercises



BALL SQUEEZE

With an elastic ball, gently squeeze it in the palm of your hand. Keep the wrist in a neutral position while squeezing.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day

Video ID: 3RMVTM3

Ice Massage



ICE MASSAGE TO WRIST / CARPAL TUNNEL

Place direct ice from an ice massage cup to the front of your wrist (carpal tunnel area).

You should feel 4 stages of sensations starting with...

1. Uncomfortable sensation of cold, then
2. Stinging, then
3. Burning or aching feeling, then
4. Numbness

***Do not perform for more than 5 minutes or you may run the risk of frost bite ***

Duration 5 Minutes
Perform 2 Time(s) a Day

Video ID: U9W4DNC