

Carpal Tunnel Syndrome Exercise Handouts

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Last update: 07/25/2022



Carpal tunnel syndrome is a pretty common wrist condition that affects about 5% of the population. Fortunately, in most, the condition is mild. However, in some, it may progress, causing disability.

It is a condition that causes numbness, tingling sensation, and pain in the hand and forearm due to compression of the main nerve supplying the hand, that is medial nerve. It occurs due to the thickening of the tissues in the carpal tunnel.

Wrist range of motion exercises can help with carpal tunnel syndrome symptoms. Many such exercises can be done readily at home without specific equipment like the ones listed below.

- **Standing wrist extension stretch**

- Step 1** – Extend one arm with the wrist in front of you and point your palm towards the floor.



Step 2 – With the help of your other hand, gently bend your wrist farther or *upwards* until you experience a mild to moderate stretch in your forearm.



Step 3 – Hold the stretch for at least 20 to 30 seconds.

- Repeat 6-8 times for each hand
- 3 sets in a row
- Once-daily
- 5 days a week

- **Wall push-up with plus**

Step 1 – Standing with your hands resting on a wall in front of you



Step 2 – Apply gentle downward pressure on your finger with your hands, bending your wrist but keeping your elbow straight.



- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- Seated gripping towel

Step 1 – Hold the rolled towel in one of the hands.



Step 2 – Squeeze the towel with moderate strength



Step 3 – Repeat it with the other hand

- Repeat 8-10 times
- 3 sets in a row
- It can be done multiple times a day
- 5 days a week

- **Median nerve tensioner**

Step 1 – Sit on a chair and then lift one arm laterally, about 70 degrees to the body with palm facing forward



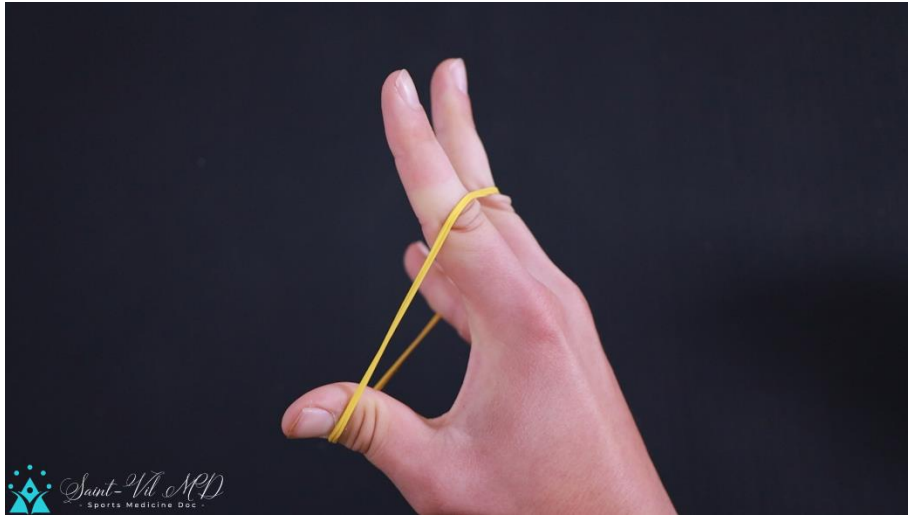
Step 2 – Move your arm a little backward and, at the same time, turn your neck and thus move face to the opposing side. This helps stretch the median nerve innervating the upper limb



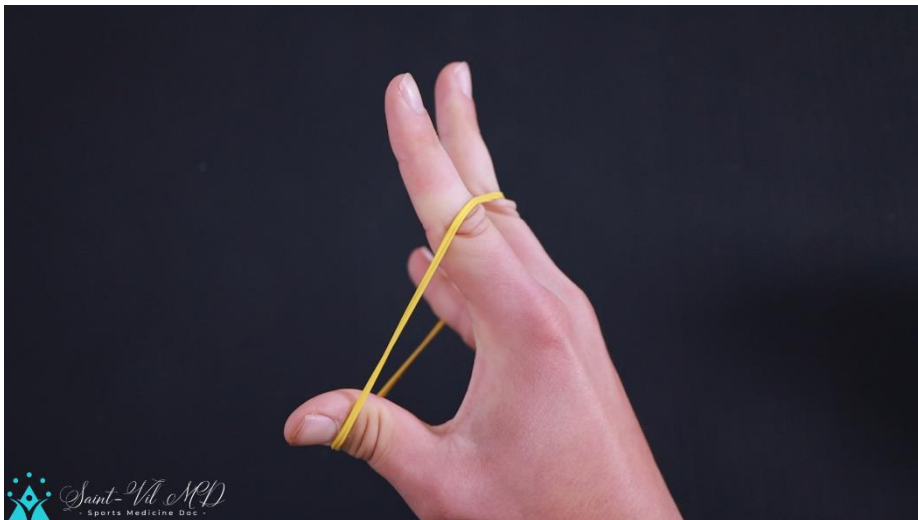
- Repeat 6 times for each side
- 3 sets in a row
- Once-daily
- 5 days a week

- **Resisted finger extension and thumb abduction**

Step 1 – Start by securing a rubber band to all four fingers and your thumb. Your hand should be cupped slightly.



Step 2 – Spread your fingers and thumb apart gently, then gradually return to the beginning position and repeat.



- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

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