



RECOVERY

Therapeutic Exercise Program for Carpal Tunnel Syndrome

To ensure that this exercise program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabiliation goals.

Carpal tunnel syndrome is a condition that causes pain, numbness, and tingling in the hand and arm. The condition is caused when one of the major nerves to the hand — the median nerve — is compressed as it travels through a narrow passageway in the wrist called the carpal tunnel.

A therapeutic exercise program is one treatment option your doctor may recommend for carpal tunnel syndrome. Specific exercises may help reduce pressure on the median nerve at the wrist. These exercises may be incorporated with bracing and/or splinting, medication, and activity changes to help relieve symptoms.

<u>Click here to view or download this handout.</u> (/globalassets/pdfs/a00789_therapeutic-exercise-program-for-carpal-tunnel_final.pdf)

	Our knowledge of orthopardics. Your best bealth.
	Exercise Program for Carpal Tunnel Syndrome STRETCHING EXERCISES
. Wrist Exte	nsion Stretch
Repetitions	Equipment needed: None
Sneps, 4x a day	Additional instructions: This stretch should be done throughout the day, especially before activity.
	After recovery, this stretch should be included as part of a warm-up to activities that involve gripping.
Days per week	
5107	
tep-by-step di	
Straighten yo "stop."	ur ann and bend your wrist back as if signaling someone to
	osite hand to apply gentle pressure across the palm and pull until you feel a stretch on the inside of your forearm.
Hold the stret	tch for 15 seconds.
Repeat 5 time	s, then perform this stretch on the other arm.
To Donati	ock your elbow.
ore short	sck your elbow.
	ck your elbow.
. Wrist Flex	
. Wrist Flex	
Repetitions Steps	ion Stretch Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity.
. Wrist Flex Repetitions	ion Stretcb
. Wrist Flex Repetitions Sceps, 4x a day Days per week	ion Stretch Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping.
. Wrist Flex Reputtions Steps, 4x a day	ion Stretch Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping.
Repetitions Sceps, 4x a day Days per week Sto 7	ion Stretch Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping.
. Wrist Flex Repetitions 5 seps, 4x a day Days per week 5 to 7 top-by-stop di Straighten yo	ion Stretch Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping.
Wrist Flex Repetitions 5 seps, 4x a day Days per weak 5 to 7 tep-by-step di Straighten yo that your fing	ion Stretcb Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping. rections or arm with your palm facing down and bend your wrist so gers point down.
Wrist Flex Repetitions Sceps, 4x a day Days per week S to 7 top-by-stop di Straighten yo that your flay Gently pull y outside of you	ion Stretcb Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping. rections or arm with your palm facing down and bend your wrist so gers point down.
Wrist Flex Repetitions Sneps, 4x a day Days per week Sto 7 Top- by-stop di Scraighten yo that your fing Gently pull y outside of your filo Gently pull y outside of your filo	ion Stretch Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity: After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping. rections or arm with your palm facing down and bend your wrist so are point down.
Wrist Flex Repetitions Sreps, 4xa day Days per week Sto 7 Top-by-stop di Scraighten yo that your fing Gently pall y outside of yoo Hold the stree Repeat 5 tim	ion Stretch Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity: After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping. rections arr arm with your palm facing down and bend your wrist so ges point down. aur hand toward your body until you feel a stretch on the ar forearm. wh for 15 seconds.
2. Wrist Flex Repetitions 5 seps, 4x a day Days per weak 5 to 7 top-by-stop di Straighten yo that your fing Gently pull yy outside of yo Hold the stre Repeat 5 time Tip Donot I	ion Stretcb Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve grip- ping. rections ar arm with your palm facing down and bend your wrist so are point down. un haad toward your body until you feel a stretch on the ar forearm. ch for 15 seconds. s, then perform this stretch on the other arm.

Last Reviewed

December 2018

AAOS does not endorse any treatments, procedures, products, or physicians referenced herein. This information is provided as an educational service and is not intended to serve as medical advice. Anyone seeking specific orthopaedic advice or assistance should consult his or her orthopaedic surgeon, or locate one in your area through the AAOS <u>Find an</u> <u>Orthopaedist</u> program on this website.