



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 rehabilitation 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.

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[\(/globalassets/pdfs/a00789_therapeutic-exercise-program-for-carpal-tunnel_final.pdf\)](/globalassets/pdfs/a00789_therapeutic-exercise-program-for-carpal-tunnel_final.pdf)



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Exercise Program for Carpal Tunnel Syndrome

STRETCHING EXERCISES

1. Wrist Extension Stretch

Repetitions

5 reps,
4x a day

Days per week

5 to 7


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 gripping.

Step-by-step directions

- Straighten your arm and bend your wrist back as if signaling someone to "stop."
- Use your opposite hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other arm.

Tip Do not lock your elbow.



2. Wrist Flexion Stretch

Repetitions

5 reps,
4x a day

Days per week

5 to 7


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 gripping.

Step-by-step directions

- Straighten your arm with your palm facing down and bend your wrist so that your fingers point down.
- Gently pull your hand toward your body until you feel a stretch on the outside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other arm.

Tip Do not lock your elbow.



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