

Carpal Tunnel Syndrome

- You can purchase a Wrist Splint at any pharmacy, drugstore, or on Amazon (~\$15).
- You can also start the exercises listed below.
- Consider topical creams or medications as listed on supplemental handout.



Carpal Tunnel Syndrome: Exercises

Your Care Instructions

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain. Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Note: When you no longer have pain or numbness, you can do exercises to help prevent carpal tunnel syndrome from coming back. Do not do any stretch or movement that is uncomfortable or painful.

Warm-up stretches

1. Rotate your wrist up, down, and from side to side. Repeat 4 times.
2. Stretch your fingers far apart. Relax them, and then stretch them again. Repeat 4 times.
3. Stretch your thumb by pulling it back gently, holding it, and then releasing it. Repeat 4 times.

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 at least 15 to 30 seconds. Repeat 2 to 4 times.

Wrist flexor stretch



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1. Extend your arm in front of you with your palm up.
2. Bend your wrist, pointing your hand toward the floor.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
4. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.

Wrist extensor stretch



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Repeat steps 1 to 4 of the stretch above but begin with your extended hand palm down.