

## CARPAL TUNNEL SYNDROME HOME PROGRAM

DAVID GESENSWAY, MD

Management of carpal tunnel syndrome can be assisted with a home program including wrist flexibility and tendon gliding. Consistent completion of the following exercises will promote a healthy environment for your nerve and tendons in the carpal tunnel

### 1. WRIST FLEXOR STRETCHES:

- Bend your wrist back while pushing on the palm of your hand/fingers.
- You should feel a stretch over the heel of your hand and up the forearm.

3 repetitions

3 times/day

20-30 second hold



### 2. WRIST EXTENSOR STRETCHES:

- Bend your wrist down while pushing on the back of your hand.
- You should feel a stretch over the back of the wrist and up the forearm.

10 repetitions

3 times/day

20-30 second hold



### 3. FDS GLIDES:

- Bend each finger down at the middle joint (PIP) one at a time as seen in the picture.
- You may feel pain at the wrist or forearm, this is expected with this exercise.

10 repetitions/finger

6 times/day

1 second hold

