Patient Education
Occupational Therapy

Carpal Tunnel Exercises
Hand care

This handout provides step-by-step instructions for hand and wrist exercises to help lessen your symptoms of carpal tunnel syndrome.

Hand and wrist exercises are an important part of non-surgical treatment for carpal tunnel syndrome. These exercises help reduce symptoms such as pain, numbness, and tingling. Your therapist will teach you how to do these exercises.

Carpal Tunnel Expansion Exercise

1. Press your fingertips together with moderate pressure.
2. Hold for 10 seconds.
3. Repeat 3 times.
4. Do this exercise 3 times a day.
Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:
206-598-4830

Tendon Gliding Exercises

1. Do the 5 steps of this exercise in the order shown below.
2. Do this 5-step exercise 10 times, 3 times a day.

Position 1: Straight  Position 2: Hook  Position 3: Curled Fist

Position 4: Tabletop  Position 5: Straight Fist