Carpal Tunnel Exercises

To reduce pain, numbness, and tingling

This handout provides step-by-step instructions for 2 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**

*Do this exercise 3 times a day.*

1. Press your fingertips together. Use moderate pressure.
2. Hold for 10 seconds.
3. Repeat 3 times.

**Tendon Gliding Exercises**

*Do this 5-step exercise 10 times, 3 times a day.*

Do the 5 steps of this exercise in the order shown.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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