

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.

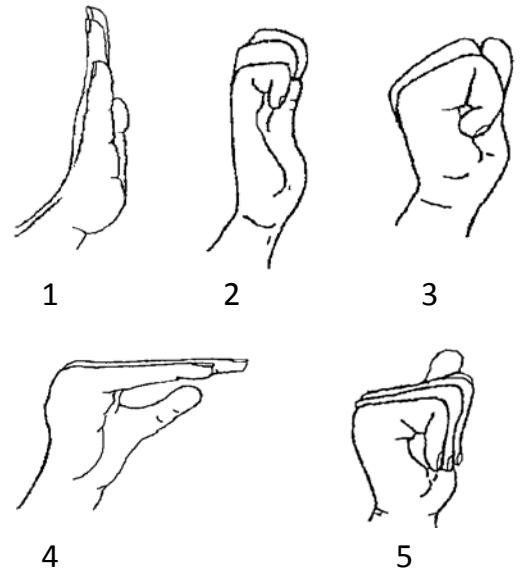
1. Press your fingertips together. Use moderate pressure.
2. Hold for 10 seconds.
3. Repeat 3 times.



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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