

Wrist and Hand: Carpal Tunnel Exercises



1 Wrist Flexion
and Extension

2 Median
Nerve Glide

3 Neck Exercises

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

As a guide, start with around 20-30 reps up to twice a day, unless recommended otherwise by a healthcare professional, such as a physiotherapist. You can increase or reduce the number of reps and sets based on your level of pain.

It is important that the exercises do not increase your pins and needles during or after performing them. If this happens stop and consult your physiotherapist.

- Complete the movement slowly and gently, in a controlled manner
- You may feel a slight pull or discomfort, this is normal

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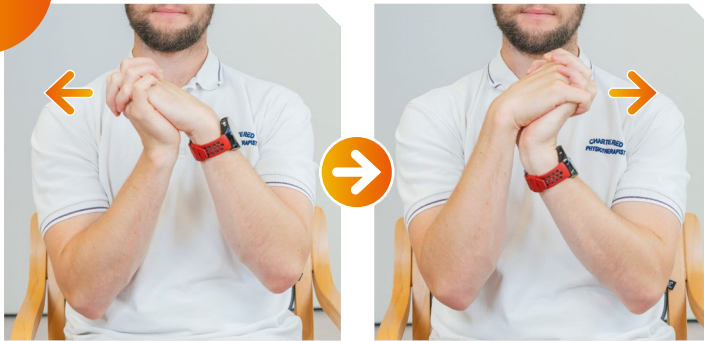


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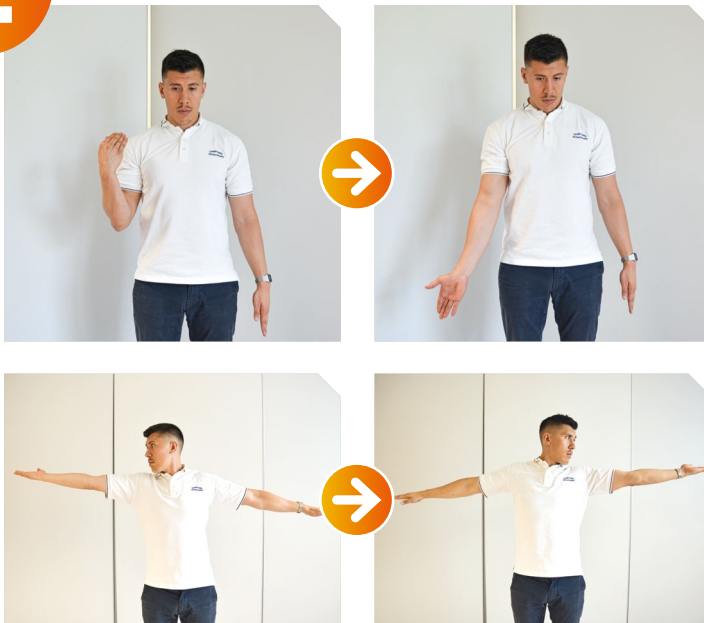
1 Wrist Flexion and Extension



Clasp both hands together use your unaffected hand to move your painful wrist backwards and forwards. At the end of the movement you may feel a stretch.

Repeat for 45-60 seconds little and often throughout the day.

2 Median Nerve Glide



Start with the level easy for at least the first week.

Easy: Begin with your hand up near your shoulder, palm facing you. Then slowly extend down towards your waist, extending from your elbow, wrist and fingers; like you would with a yoyo.

Medium: Have your arms out to the side, with one palm facing up and the other down. Slowly rotate your arms so that your palms alternate to look up to the ceiling and down to the floor. Your head should move at the same time as your arms, to ensure that you are always looking at the palm facing up.

Repeat 10-20 repetitions once a day initially and build up to 3 times a day.

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You might also find your symptoms benefit from referring to the neck stretches in the neck section of our website. If these exercises increase your pins and needles please stop and consult your physiotherapist.

