

Carpal Tunnel Syndrome Home Program

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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.

_____ repetitions

_____ times/day

_____ 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.

_____ repetitions

_____ times/day

_____ 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 a pain at the wrist or forearm, this is expected with this exercise.

_____ repetitions/ finger

_____ times/day

_____ second hold

