

CARPAL TUNNEL SYNDROME

EXERCISES

The prayer stretch

- Start with palms of your hands together in front of your chest
- Slowly lower your hands down toward your waistline while keeping your palms together
- Continue going down until you feel mild to moderate stretch
- Hold for 15 to 30 seconds and then repeat 2-4 times



Wrist flexor stretch

- Extend your arm in front of you with your palm up
 - Bend your wrist pointing down
- With your other hand gently bend your wrist farther until you feel mild to moderate stretch
- Hold for 15 to 30 seconds and then repeat 2-4 times



Wrist extensor stretch

Follow the same steps as in the previous exercise just start with arm extended hand palm down.

