

Exercises for Carpal Tunnel Syndrome

1. Effective Hand Exercise:
 - (a) With palms down, spread fingers apart as far as you can.
 - (b) Count to 5
 - (c) Relax. Repeat 5x's

2. Standing with Arms to Side:
 - (a) Lift arm in front to shoulder level with the palm facing up.
 - (b) Spread you fingers and point them to the floor.
 - (c) Bring fingers up into a fist and flex wrist towards you.
 - (d) Pull fist to your face....slowly.
 - (e) Make a muscle with your arm and fist.
 - (f) Turn your head towards the fist, straighten your arm, open your fist.
 - (g) Spring fingers again and point them towards the floor.
 - (h) Turn your head to your other shoulder and repeat the exercise.