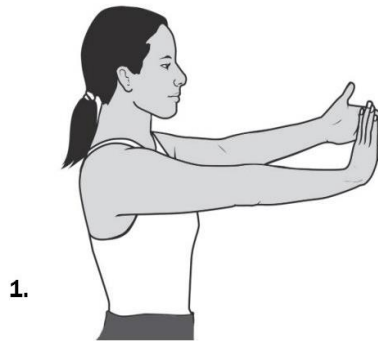


Exercises for Carpal tunnel syndrome

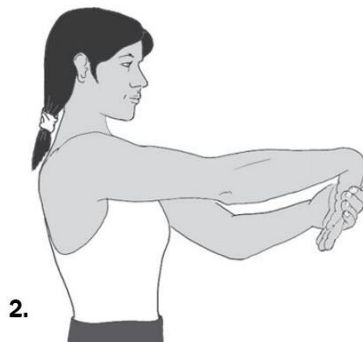
It is best to do these exercises before activity. They can be repeated a further 2-3 times during the day and are to be continued for 3 to 4 weeks. Please stop doing the exercises if you experience pain or worsening of your original hand symptoms. There is extremely limited scientific evidence that these exercises can treat carpal tunnel syndrome on their own.

Exercise 1

- Straighten your arm and bend your wrist back as if signalling someone to “stop.”
- Use your other hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other hand.



Exercise 2



- Straighten your arm with your palm facing down and bend your wrist so that your fingers point down.
- Gently pull your hand toward your body until you feel a stretch on the outside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other hand.