

Carpal Tunnel Wrist Exercises That Work

Rozmaryn LM, Dovel S, Rothman ER, et al. Nerve and tendon gliding exercises and the conservative management of carpal tunnel syndrome. *Journal of Hand Therapy* 11, 1998:171-179.

In this study, one group of carpal tunnel patients was treated by standard methods, and another group included the nerve and tendon gliding exercises. Of the group that did not do the exercises, 71.2 percent underwent surgery, compared with only 43 percent of the patients who did the exercises.

Place the affected hand in warm water for 4 minutes, and then cold water for 1 minute 3 – 5 times per day.

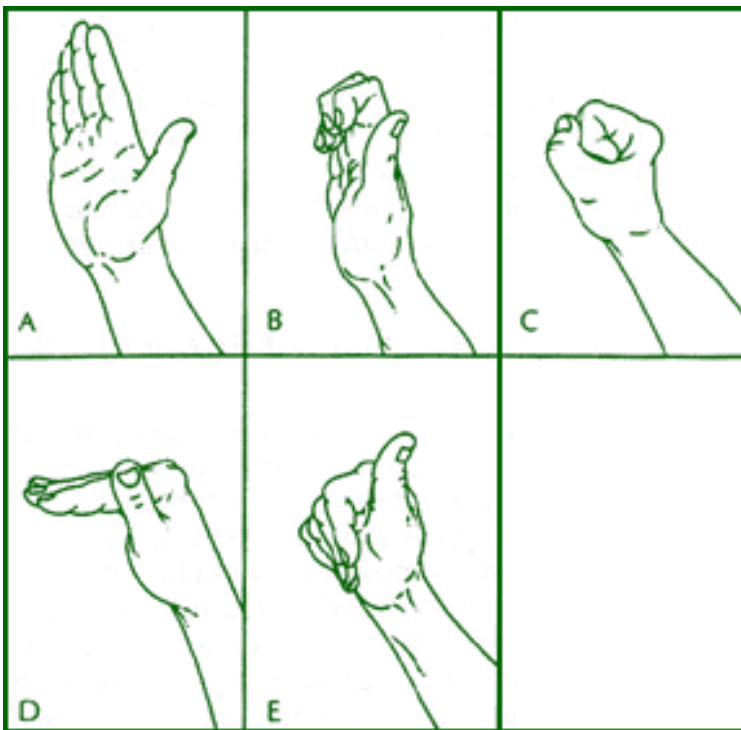


Figure 1

Position your hand in each of the positions A - E, in Figure 1 and A - F in Figure 2.

Hold each of these positions for 7 seconds, and do 5 sessions in each position. This is one complete set.

Do 3-5 sets per day

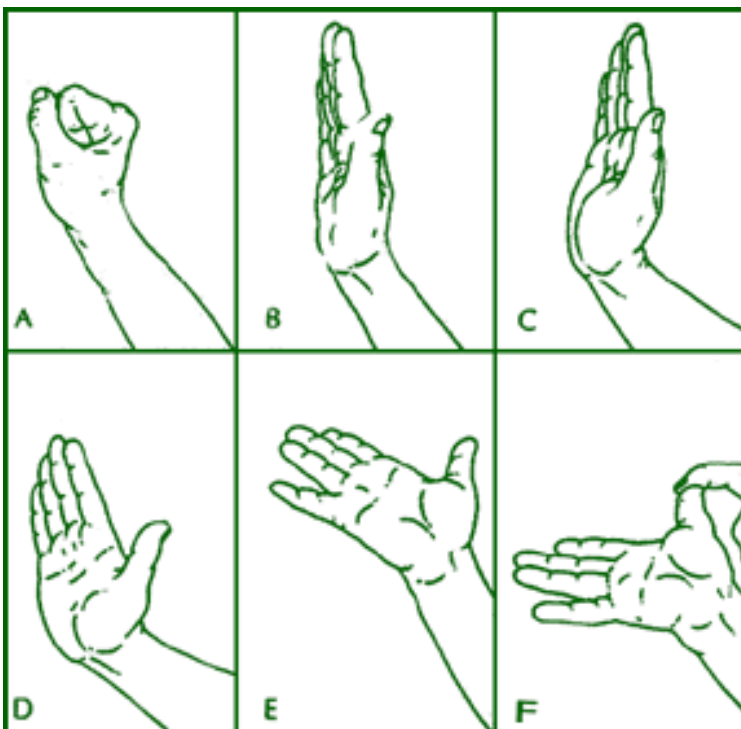


Figure 2

Notes for Figure 2

- A:** wrist is in neutral, with the fingers and thumb in flexion;
- B:** wrist is in neutral, with the fingers and thumb extended;
- C:** wrist and fingers are extended, with the thumb in neutral;
- D:** wrist, fingers, and thumb are extended;
- E:** wrist, fingers, and thumb are extended, with the forearm in supination; and
- F:** wrist, fingers and thumb are extended, the forearm is in supination, and the other hand gently stretches the thumb.