

Exercise plan:  
**Carpal Tunnel Syndrome**

Patient:  
**Mrs Julie Dass**

Date:  
**30th Mar 2017**



## Median nerve stretch

Standing next to a wall, place your palm on it with your fingers facing down and arm straight, and side-bend your neck towards the opposite side. You will feel a stretch in your arm, shoulder and slightly into the side of your neck. This exercise is a nerve stretch.

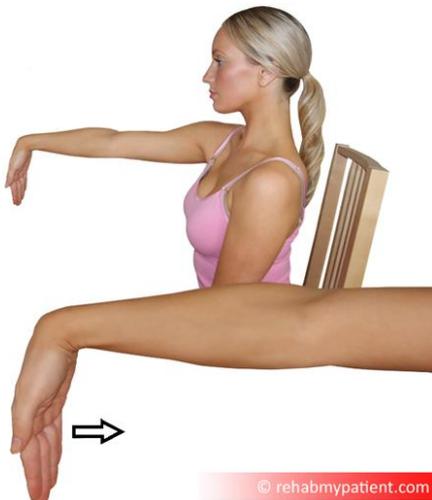
Video: <http://youtu.be/eWAS25uPe9Y>



## Triceps stretch

Lift your arm above your head, and try to pull your arm back down while putting resistance through the elbow. Your arm should not move. You should feel a stretch under your arm (between your elbow and shoulder). This exercise stretches the tricep muscle.

Video: [http://youtu.be/5U\\_L-YJTxic](http://youtu.be/5U_L-YJTxic)



## Wrist flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

Video: <http://youtu.be/ZwWbkgXE31k>

## Wrist flexion band

Rest your hand and wrist on a table. Hold an exercise band, and bend your wrist to create resistance in the band. This is a strengthening exercise for your wrist, forearm and elbow.

Video: <http://youtu.be/qSLGFWWQjfU>



## Wrist flexion dumbbell

Rest your hand and wrist on a table. Hold a dumbbell, and bend your wrist. This is a strengthening exercise for your wrist, forearm and elbow. Start off with performing the exercise without a dumbbell and then introduce bottle of water then increase with small weights.

Video: <http://youtu.be/A5wNJb2ZfOg>



## Wrist flexion with deviation stretch

Hold your arm out in front of you. Rotate your arm inwards so that your palm faces away from you. Bend your wrist backwards and hold. This exercise will stretch the forearm muscles.

Video: [http://youtu.be/sRt\\_sgFDzeQ](http://youtu.be/sRt_sgFDzeQ)



## Eccentric Wrist Extension

Rest your arm on a table with your palm facing down, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull your hand back down. Eccentric exercises are a very effective way to rehabilitate the wrist, forearm and elbow, and this can be especially useful for tennis elbow. Start off with performing the exercise without a dumbbell and then introduce bottle of water then increase with small weights.

Video: [http://youtu.be/D5QaYLd\\_JA0](http://youtu.be/D5QaYLd_JA0)





## Wrist flexion and extension

Relax your forearm on a table, with your hand hanging over the edge of the table. Bend your wrist downwards, and then upwards, and repeat. This exercise can be used to improve the mobility of the wrist.

Video: <http://youtu.be/yJjobK3TAvg>



## Wrist extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

Video: <http://youtu.be/mdrFgA30AwE>



## Wrist extension stretch table

Place your palm flat on a table with your fingers pointing towards you. Straighten your arm while you keep your palm flat on the table to create a stretch to the forearm flexor muscle group. Hold this stretch, and relax.

Video: <http://youtu.be/AVo7ZAY3Mag>



## Ball squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeezable items.

Video: <http://youtu.be/EMx8Ufccvik>



## Wrist stretches for Carpal Tunnel Syndrome

Kneel onto your hands and knees, with your palms flat and fingers spread out. Lean your body weight forwards to provide a gentle stretch to the inside of your wrists. Hold for a few seconds, then lift your hands and bend your wrists so that the back of your hands are on the floor and your fingertips face you. Gently lean back to feel a stretch on the outside of your wrists. Hold for a few seconds.

Video: [http://youtu.be/Ke6w\\_CpVP5Y](http://youtu.be/Ke6w_CpVP5Y)



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Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stabletherapycentre@gmail.com](mailto:stabletherapycentre@gmail.com). Good luck and keep with it!