

Exercises to Help Prevent Carpal Tunnel Syndrome

Total management time: 20 seconds per hour.

Tendon Gliding of Wrist and Fingers

Gentle stretching helps to improve blood flow in the wrist. Stretching the tendons beyond the point where they normally rest provides an internal massage to the contents of the wrist and promotes nutrition in the tendons and nerve.

Action: The unaffected hand is placed beneath the fingers and gently but firmly directs the wrist in dorsiflexion (see Figure 10). Hold for 10 seconds every hour.

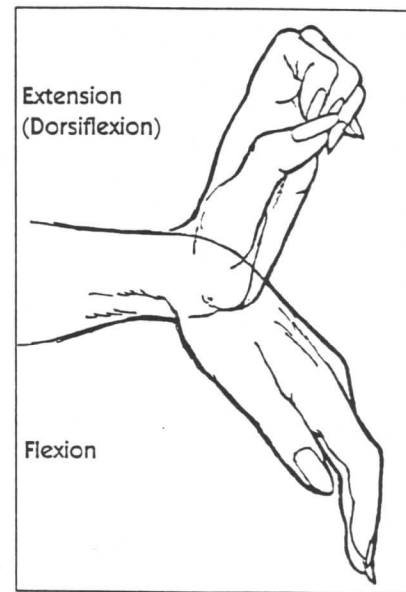


Figure 9. Wrist exercise.

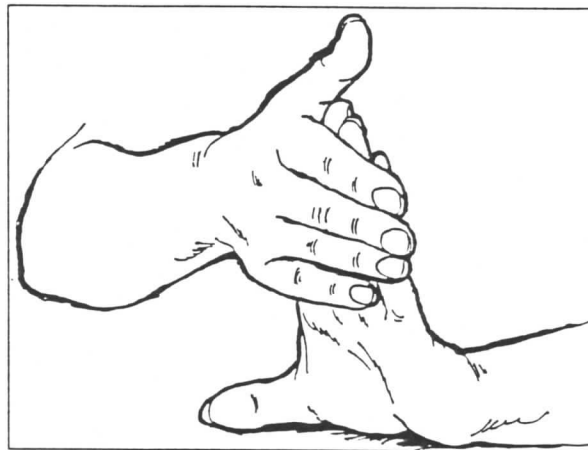
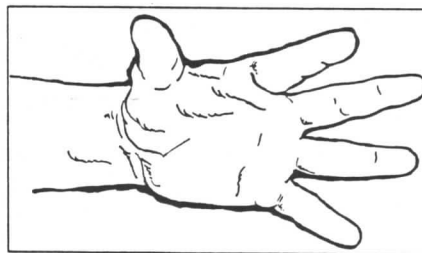


Figure 10. Tendon gliding.

Full Fist Exercise

Fully opening and closing the fingers and thumb improves circulation, joint function, and tendon gliding.



Caution: If numbness and tingling occur do not shake the hands violently, as this may eventually cause the condition to worsen.

Action: Open and close the hand fully, squeezing it into a fist (see Figure 11). Make the fist 10 times over 10 seconds every hour.

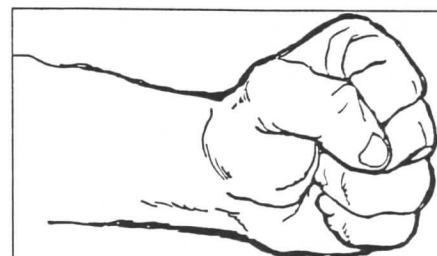


Figure 11. Full fist exercise.

Tendon Gliding and Joint Exercises

Finger Exercises

A hook grasp maximizes flexibility of the middle joints (proximal interphalangeal [PIP] and distal interphalangeal [DIP] joints) (see Figure 5).

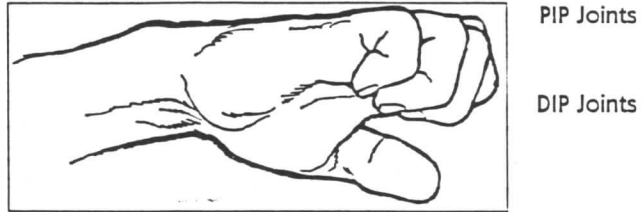


Figure 5. Hook grasp.

A half fist maximizes flexibility of the first joints (metacarpophalangeal [MCP] joints) (see Figure 6).



Figure 6. Half fist.

A full fist improves tendon gliding and blood flow to and from the hand (see Figure 7).

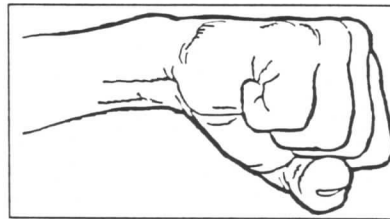
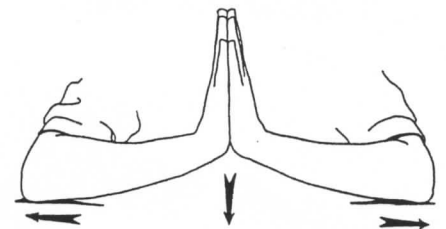


Figure 7. Full fist.

These exercises play an important role in the prevention or successful rehabilitation of carpal tunnel syndrome. The number of exercises and how often they are performed vary from case to case and should be outlined by your doctor or therapist.

HAND - 16 Wrist Extension Stretch

1. Enlarge grip- use fat pens, steering wheel cover.
2. Wear wrist splint/ brace at night.
3. Take B complex vitamins to help with numbness.
4. Stretch after hot shower and every 1-2 hours.
5. Avoid pressure on the wrist.



Be sure to keep palms together throughout the stretch.

Hold _____ seconds. Relax. Repeat _____ times.

Do _____ Sessions per day.

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- A. With the wrist held in extension, do 10 repetitions of isolated PIP flexion exercises to each finger.

*Hold all fingers in extension except one and bend/straighten it 10 times.



- B. With your wrist positioned in extension, do 10 repetitions of blocking to the DIP joint of each finger.

*Hold the PIP joint straight using opposite thumb and index finger then bend DIP joint only.

