

Tips for a simple exercise for our wrist:

To help diminish pressure on the median nerve at the wrist

Home exercise 6-7 days per week, 3-4 weeks, 10-15 repetitions for 2-3 x per day

***Consult to your physician when suspecting carpal tunnel syndrome for further assessment and management.*

Nerve Gliding Exercise:

1. Step 1



2. Step 2



3. Step 3



4. Step 4

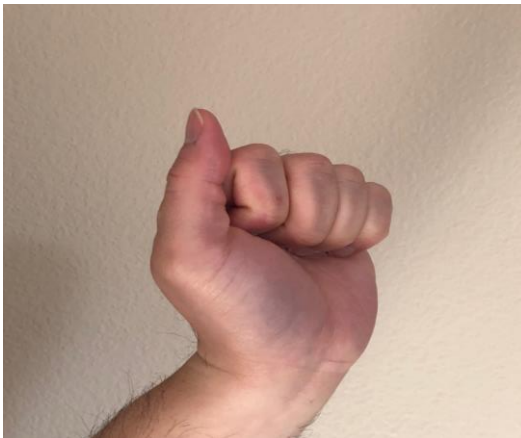


Tendon Gliding Exercise:

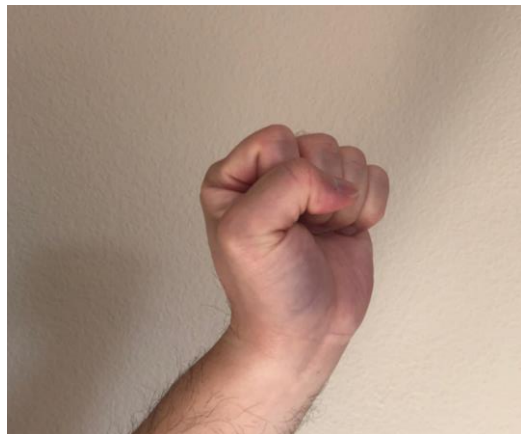
1. Step 1



2. Step 2



3. Step 3



4. Step 4



5. Step 5



6. Step 6



References from:
Essential Musculoskeletal Care 5th edition. April D Armstrong and Mark C Hubbard. AAOS and AAP.