



# Exercises For Carpal Tunnel Pdf

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/5 (58 reviews)Types: Wrist Pain · Carpal Tunnel Syndrome · Hand Pain. Carpal Tunnel Post-Op Exercises Created Date: 11/5/ AM. A home treatment Kit that works for 97% of people - Over , people healed naturally. Doctors Have Developed A Better Way To Treat Carpal Tunnel. Over , Cured. • Your may feel pain at the wrist or forearm, this is expected with this exercise. 10 repetitions/finger 6 times/day 1 second hold Carpal Tunnel Syndrome Home Program DAVID GESENSWAY, MD Management of carpal tunnel syndrome can be assisted with a home program including wrist flexibility and tendon gliding. Performing the following exercises AFTER using heat may help to improve the movement of the tendons and nerve at the level of the wrist.. Tendon glide hook exercise: Start with fingers straight, then hook fingers (as shown) and straighten again. Repeat 10 times. Repeat regularly throughout the day Nerve glide exercises: 1. Exercise Program for Carpal Tunnel Syndrome STRETCHING EXERCISES 4. Tendon Glides\_\_\_\_\_ Repetition s Additional instructions: 5 - 10 reps, 2 to 3x a day Days per week Progress as tolerated Equipment needed: None Apply heat to your hand for 15 minutes before performing these exercises.