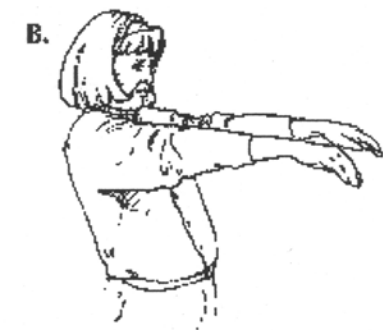


Carpal Tunnel Exercises

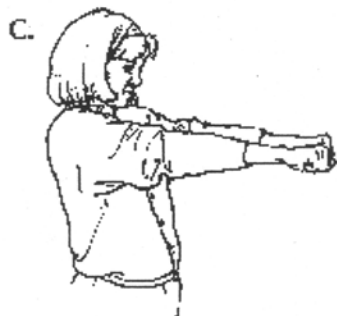
Carpal tunnel exercises, exercises you can do to help prevent, and ease the pain of, carpal tunnel syndrome. Below are 6 carpal tunnel exercises that you should do at the start and end of your work shifts, as well as after any breaks you have throughout the day. These carpal tunnel exercises are simple and only take a few minutes.



Stand straight up and extend both arms straight out in front of you. Extend your wrists and fingers acutely as if they were in a hand stand position. Hold this position for 5 seconds.



Now straighten your wrists and relax your fingers.



Keeping your wrists straight, make a fist and squeeze it tightly. Hold for 5 seconds.



Keeping your fists clenched, bend your wrists down. Hold this position for 5 seconds.



Straighten both wrists and relax your fingers again.



Repeat steps A-E 10 times, then stand up with your arms relaxed by your sides.

These carpal tunnel exercises are simple and don't take very long. We recommend you do these exercises anyway, even if you don't have carpal tunnel syndrome. These carpal tunnel exercises will help prevent carpal tunnel syndrome.