



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

CARPAL TUNNEL

Home Exercises

SPLINTING

Wear a wrist splint at night consistently for one month. If symptoms of numbness subside, then you can try leaving it off for a few nights. If numbness returns, resume wearing it until you follow up with your physician. Daytime use of the splint is sometimes helpful for activities that aggravate your symptoms.

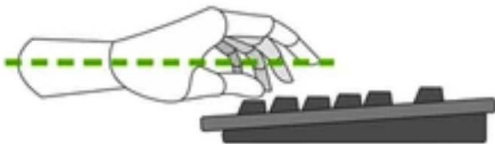


USING YOUR HAND

Avoid sustained grip, repetitive use and vibration. When using your hand, keep the wrist in a neutral position.

When Using a Computer:

CORRECT



INCORRECT



When Using a Phone:



Incorrect - wrist bent



Correct -wrist natural

NERVE GLIDE EXERCISES

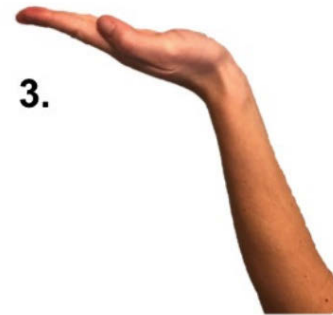
Steps For One Full Set:



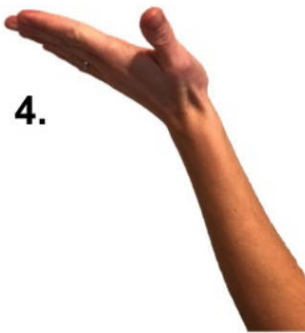
1. Make a fist



2. Straighten fingers



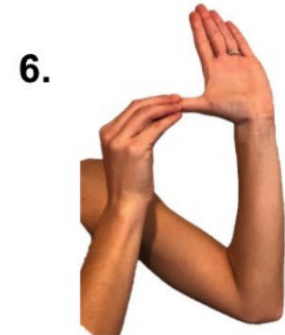
3. Tilt wrist back



4. Stretch thumb out towards you



5. Rotate arm so palm facing away from you



6. Gently pull thumb

- *Do 3x/day*
- *Hold each move 3 seconds*
- *Do 5-10 sets*
- *Stop any stretch short of causing increased symptoms*

STRENGTHENING

It is common to feel weak in grip and pinch. When you are having carpal tunnel symptoms, do not try to strengthen by squeezing a ball or putty. Wait at least one month with no numbness. When you begin, go slowly. It is much easier to add more repetitions the next day than to recover after flaring up the nerve again.