

Carpal Tunnel Exercises

Shake It Out

This exercise is super easy. It's especially useful at night, when your symptoms can be worse. If you wake up with pain or numbness, just shake your hands out to get some relief.

Fist to Stop Sign

- Make a fist.
- Slide your fingers up until they point toward the ceiling, like you're telling someone to stop.
- Repeat 5-10 times.

Fist to Fan

- Make a fist.
- Fan your fingers out -- stretch them as far as you can.
- Repeat 5-10 times.

Thumb Touches

- One at a time, touch the tip of each finger to the tip of your thumb so they make an O-shape.
- Repeat a few times.

Basic Wrist Stretches

- Sit down at a table.
- Rest your elbow and arm on the table and let your wrist hang over the side, palm of your hand facing up.
- Start with your hand in a straight, neutral position.
- Bend your hand toward you so your fingers point up toward the ceiling.
- Hold for 5 seconds.
- Return to a straight, neutral position.
- Bend your hand away from you so your fingers point down toward the floor.
- Hold for 5 seconds.
- Return to a straight, neutral position.
- Repeat 10 times.
- Do this up to three times a day.

Wrist Flex and Extend

- Hold your arm straight out in front of you, wrist and hand straight, palm of your hand facing down.
- Bend your wrist down so your fingers point toward the floor.
- Use your other hand to increase the stretch, gently pulling the fingers toward your body.
- Hold for 15-30 seconds.
- Return to a straight, neutral wrist with palm facing down.
- Bend your wrist up so your fingertips point toward the ceiling.

- Use your other hand to gently pull your fingers back toward you.
- Repeat 10 times.
- Do this up to three times a day.

Tendon Gliding

In this exercise, you'll move your fingers and hand through a series of different positions. Take your time and move smoothly from one position to the next:

- Start with your elbow bent, your wrist straight, your fingers together and pointing toward the ceiling, and your thumb relaxed.
- Curl your fingers inward, so they're all bent at the middle knuckles and your fingertips touch the top of your palm -- it looks like you're hitchhiking with curled fingers.
- Straighten your fingers to make an L-shape with your hand -- your thumb's still relaxed.
- Fold your fingers straight down so your fingertips touch your palm -- you're making a straight-fingered fist with your thumb now tucked in and touching your index finger.
- Curl your fingers into a regular fist.
- Repeat 10 times.
- Do this two to three times a day.

Nerve Gliding

Like the last exercise, you'll move through a series of positions with this one. Go slow and move smoothly:

- Bend your elbow and make a fist that faces you -- your wrist is neutral.
- Straighten your fingers out so they all point up, wrist neutral, thumb tucked in and pointing up.
- Bend your wrist to point your fingertips away from you, thumb still in close to your fingers.
- Extend your thumb out to the side.
- Hold that position, but turn your forearm away from you.
- Use your other hand to gently pull your thumb down for a little more stretch. Do this for just a few seconds.
- Repeat three to five times.
- Do this two to three times a day.

Hand Squeezes for Grip Strength

- Squeeze a pair of balled-up socks or a soft rubber ball.
- Hold for 5 seconds.
- Repeat 10 times.
- Do this up to three times a day.

Range of Motion Exercises (for Better Blood Flow and Flexibility)

Do these exercises three times a day. If you have increased pain or discomfort, stop and call your health care provider.

Exercise #1

Stand or sit.

Place your hands behind your neck.

Gently tilt your neck backward.

Look at the ceiling.

Exercise #2

Stand or sit.

Keep your spine straight.

Face forward.

Slowly tip your

ear toward your shoulder. Bring your head back to your starting position.

Switch sides.

Exercise #3

Stand or sit.

Keep your spine straight.

Face forward.

Gently turn your head to the left. Bring your head back to your starting position.

Switch sides.

EXERCISES TO STRENGTHEN MUSCLES

Exercise #1

Stand or sit.

Keep your spine straight.

Relax your shoulders at your side.

Raise your shoulders toward your ears.

Hold three seconds.

Exercise #2

Stand. Keep your spine straight.

Bend your elbows at 90-degree angles.

Squeeze your shoulder blades together as you rotate your arms outward.

Hold for five seconds.

Exercise #3

Stand or sit.

Keep your spine straight.

Pull your head straight back.

Do not tip or move your jaw.

Hand (and body) Scrub Recipes

Easy Scrub

2 tablespoons sugar
1 tablespoon lemon juice
1 tablespoon olive oil

Mix.

Massage onto damp skin in circular motion for 1-minute.

Rinse.

Chai Spice Sugar Scrub

2 cups sugar
1 cup olive oil
1/2 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/4 teaspoon ground ginger

Mix. Put in a container.
Massage onto damp skin. Rinse.

Minty Body Scrub (from Country Living Magazine)

1/2 cup fine sea salt
2 tablespoons Epsom salts
3 tablespoons light olive oil
6 to 8 drops peppermint oil
1 tablespoon finely chopped mint

Combine all ingredients. Apply to moist skin. Scrub and rinse.