

CARPAL TUNNEL SYNDROME

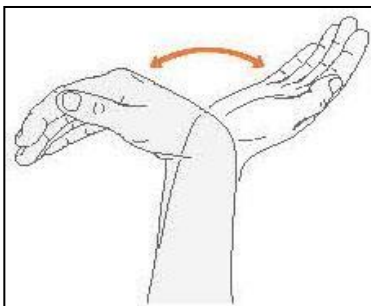
Carpal tunnel syndrome (CTS) is a condition caused by compression of the median nerve as it travels through the wrist.

Summary:

- Early symptoms of carpal tunnel syndrome include pain, numbness, and tingling.
- Symptoms typically present, with some variability, in the thumb, index finger, middle finger, and the thumb side of the ring finger.
- Symptoms tend to worse at night but may also notice in the morning – hang your hand out of bed or shake it around to ease pain.
- Wearing a working wrist splint may be helpful.
- Try the exercises suggested here to help ease pain and prevent future injuries.

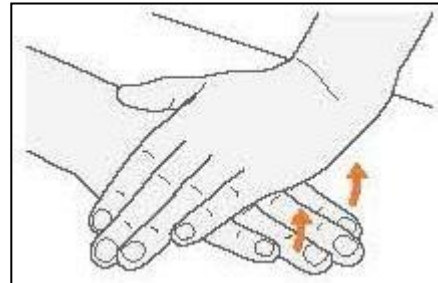
EXERCISES:

Wrist bend (forward and back)



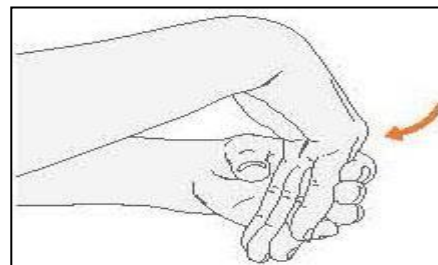
Rest your elbow on a table, arm pointing up and wrist straight.
Gently bend your wrist forward at a right angle and hold for 5 seconds.
Straighten your wrist.
Gently bend it backwards and hold for 5 seconds.
Do 3 sets of 10 repetitions.

Wrist lift



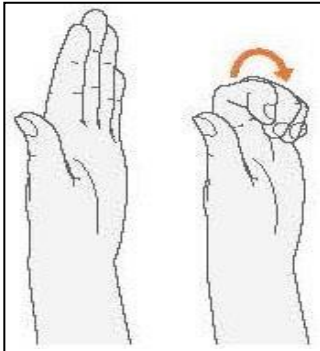
Place your palm on the table and lift the fingers up.
Place your other hand across the knuckles at 90° and push down as the bottom hand tries to pull up.
You should feel the muscles of your forearms contracting.
Swap hands and repeat.

Wrist stretch



Keeping your arm straight in front with your palm facing down, gently bend your wrist down.
Use the opposite hand to press the stretching hand back towards your body and hold for 15–30 seconds.
Straighten your wrist.
Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back.
Hold for 15–30 seconds. Do 3 sets with each wrist.

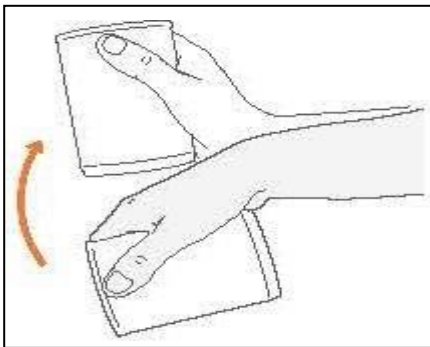
Finger bend



Start with your fingers held out straight. Gently bend the middle joints of your fingers down toward your upper palm and hold for 5 seconds.

Do 3 sets of 10 repetitions.

Wrist stretch with weight



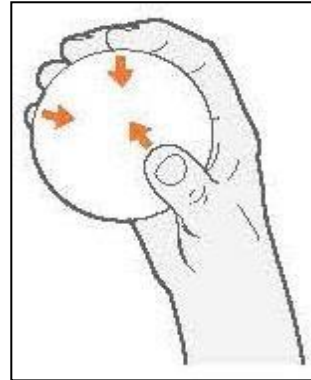
Holding a light weight (e.g. a tin of beans), stretch your arm out in front with your palm down.

Slowly bend your wrist upward, and then return to the starting position.

Do 3 sets of 10 repetitions.

Gradually increase the weight you hold.

Hand squeeze



Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10 repetitions.

Exercise considerations:

- Do all the exercises within pain free limits, stretch pain is common with exercises and that should ease off within 30 minutes-1 hour after having done the exercises
- Post exercise soreness is quite common and could be felt up to 48 hours after having done the exercise regime. This should get better as you continue with the regime over time
- If any exercise worsens your symptoms, stop that exercise and seek advice from your physiotherapist.