# Home Exercise Program CARPAL TUNNEL

Created by Barnstaple Alliance Primary Care Network Mar 19th, 2025
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## COMMENTS

The repetitions, duration of hold or stretch and sets listed below are a target to work towards. You do not have to do this quantity at the start of the programme.

You should work within tolerance of symptoms and not aggravate or increase any pins and needles or numbness.

If you are working into symptoms, you need to reduce your repetitions, the resistance, the sets, or how long you hold the exercise for.

Bear in mind, if you are exercising into pain, your symptoms are likely to continue.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.

National Guidelines and local orthopaedic guidelines advise on using a wrist splint (as described below) for 12 weeks as a first line management of carpal tunnel syndrome.



**Wrist splint for carpal tunnel syndrome**

Purchase a wrist splint such as this one. It has a metallic bar on the palm side of the hand to stop you from bending your wrist to avoid irritated the nerve.

National and local guidelines recommend 12 weeks of splinting as the first line of management for carpal tunnel syndrome.

You can also wear it during your day if you can.



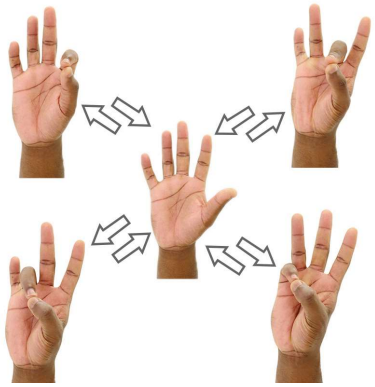
**FINGER ABDUCTION TO CLOSED FIST**

Open and close your hand into a fist and repeat. When opening, attempt to open as wide as you can as you spread out your fingers maximally.

Work within your available range.

Video # XVQPH2SE3

| | |
|---|---|
| **Repeat** | 15 Times |
| **Hold** | 5 Seconds |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**THUMB OPPOSITION COMBO**

Start with an open palm and fingers extended.

Next, touch the tips of the first and second fingers. Then return to open palm.

Next, touch the tips of the first and third fingers, etc until all fingers have performed as shown.

Video # XV7BBJB77

| | |
|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**AROM DIP FLEXION**

Place your hand, palm side up, on a table. Block the affected finger with your opposite hand below the last joint line and actively bend the finger.

Repeat the exercise on each finger.

Video # XV7LQJLH6

| | |
|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



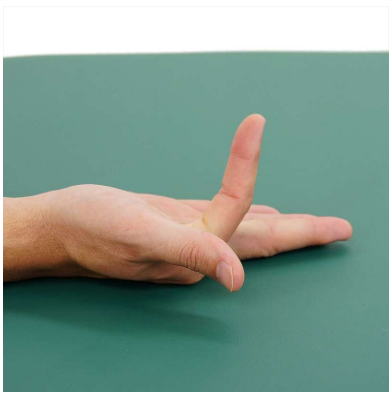
**AROM PIP FLEXION**

Place your hand, palm side up, on a table. Block the affected finger with your opposite hand below the middle joint line and actively bend the finger.

Repeat the exercise on each finger.

Video # XV7YFC3T7

| | |
|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



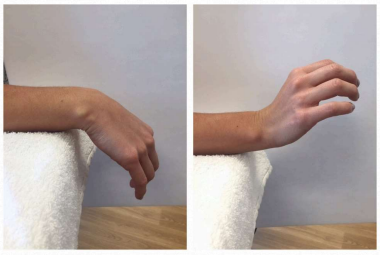
**AROM MCP FLEXION**

Place your hand, palm side up, on a table. Actively bend the finger at the large knuckle joint line as shown. Return to original position and repeat.

Repeat the exercise on each finger.

Video # XVAR5GD9K

| | |
|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**Wrist Flexion/Extension**

Begin by resting wrist off of the edge of a table. Then, with fingers relaxed, bend the wrist down. Then, bend the wrist up. Repeat.

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|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**Wrist Radial/Ulnar Deviation**

Begin by resting the wrist on its side and off of the edge of a table. Then, bend the wrist in the direction of the small finger. Then, bend the wrist in the direction of the thumb. Repeat.

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|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**WRIST FLEXOR STRETCH**

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Video # XVZRJMMEW

| | |
|---|---|
| **Hold** | 30 Seconds |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**WRIST EXTENSOR STRETCH**

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Video # XV59NZM66

| | |
|---|---|
| **Hold** | 30 Seconds |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |