



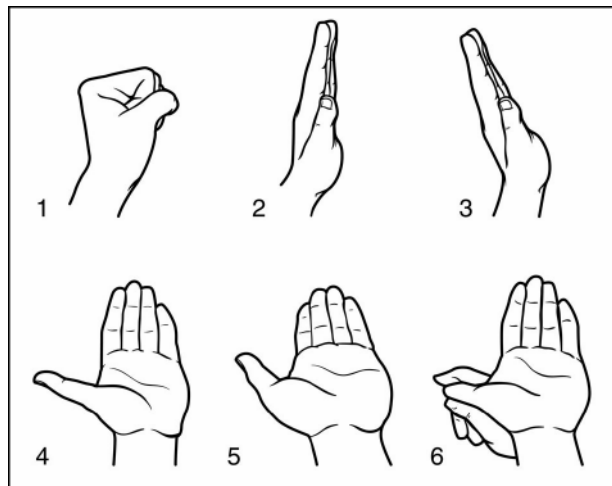
## SEATTLE SPINE & SPORTS MEDICINE

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# HOME PHYSICAL THERAPY PROGRAM FOR CARPAL TUNNEL SYNDROME

Apply heat to the hand for 15 minutes before performing the exercises, and apply ice (a bag of crushed ice or frozen peas) to the hand for 20 minutes after each exercise session to prevent inflammation. If numbness steadily worsens, if the exercises increase the pain, or if the pain does not improve after you have performed the exercises for 3 to 4 weeks, call your doctor.

Exercise Type	Targeted Structure	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Nerve gliding	Median nerve	10 to 15 repetitions	6 to 7	3 to 4



(Adapted with permission from Donatelli R, Wooden M (eds): *Orthopaedic Physical Therapy*. Philadelphia, PA, Elsevier.)

## NERVE GLIDING

Begin with the affected hand raised.

- (1) Make a fist, with the thumb outside the fingers.
- (2) Extend the fingers, keeping the thumb close to the side of the hand.
- (3) Extend the hand at the wrist (bend it backward, toward the forearm), keeping the fingers straight.
- (4) With the wrist straight, extend the thumb as shown.
- (5) Keeping the thumb extended, extend the hand at the wrist.
- (6) Reach behind your hand and grasp the thumb with the thumb and forefinger of the opposite hand. Pull the thumb downward, away from the palm of your hand.