



# Carpal Tunnel Decompression Exercises

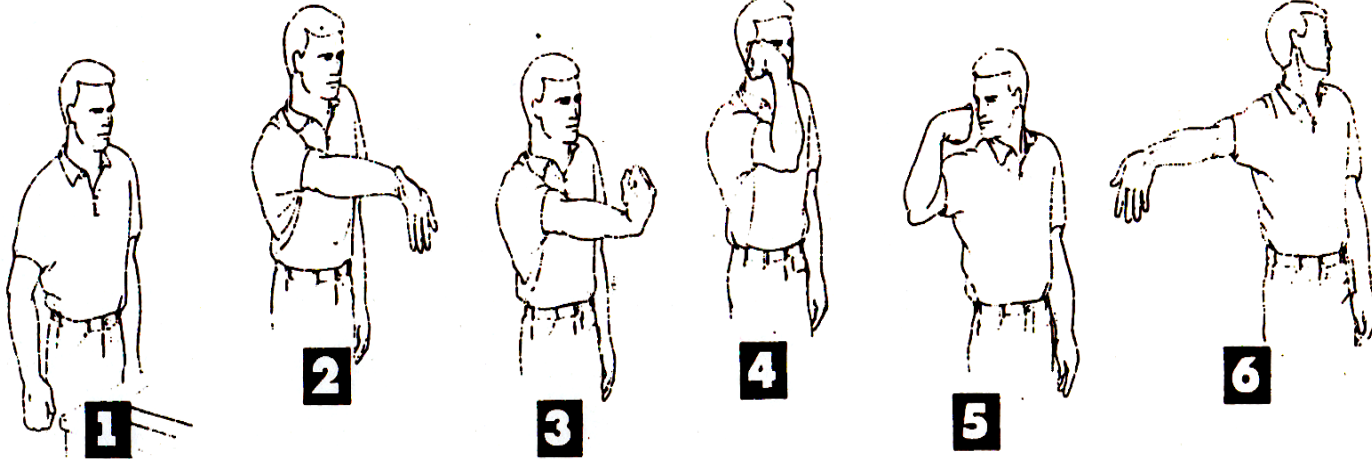
Developed by Houshang Seradge, M.D.

*These exercises do not replace professional medical care. If you experience pain with these exercises, please consult with a physician.*

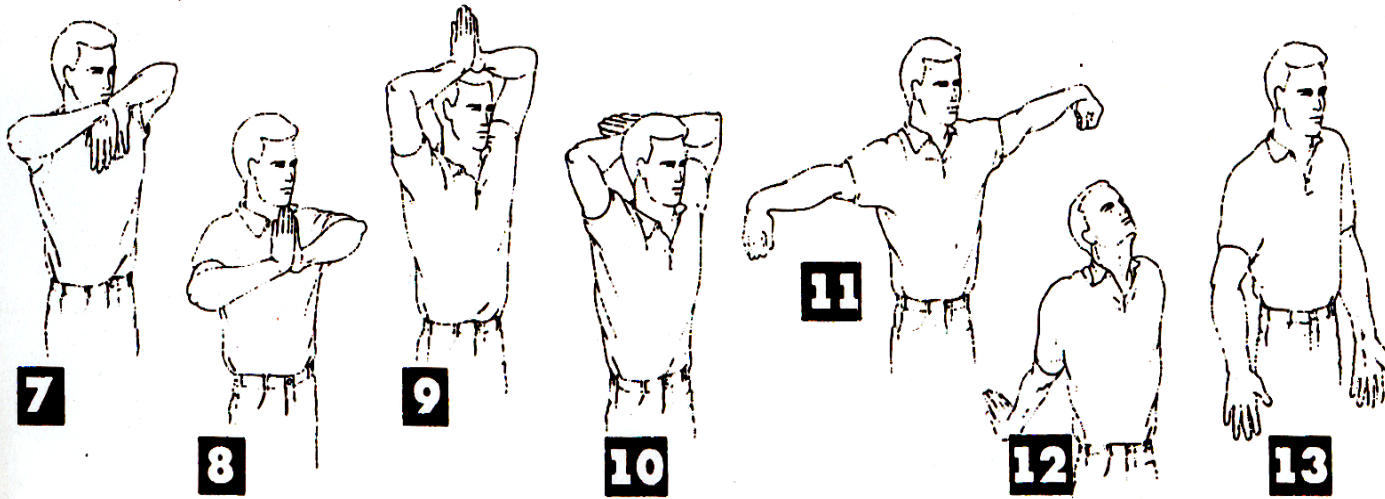
Do the complete series of exercises (Steps 1-13) once before and once after your work day. Do Steps 1-6 during breaks throughout the day. Move from one step to the next in a slow, continuous flow, holding each step for a count of ten.

## Steps 1-6 • Right then Left

1. Stand with arms relaxed at your side.
2. Lift right arm out in front, to shoulder level, palm of hand facing up. Spread fingers and bend wrist until fingers point to the floor.
3. Bring fingers and wrist up, forming a tight fist. Flex wrist toward you.
4. Bend elbow pulling fist toward the shoulder.
5. Rotate arm out towards side, arm still bent and fist held. Turn head toward fist.
6. Straighten elbow and fingers. Bend wrist, pointing fingers toward the floor. Slowly turn head toward opposite shoulder. (Repeat 1-6 with left arm.)



## Steps 7-13 • Both Arms



7. Bring both arms up, to shoulder level, and push back of wrists together, fingers pointing down toward the floor. Pull shoulders back.
8. Bring hands up into a prayer position and push palms and shoulders inward.
9. Keeping palms together, raise hands above your head.
10. Bring hands back behind your head, pulling shoulders back.
11. Stretch both arms out to the side, to shoulder level, bending wrists down and fingers in a fist.
12. Straighten fingers, bring arms down by your side and then back behind you. Wrist bent up. Stretch chin up.
13. Relax arms by your side and shake out your hands.