

Hand and nerve glide exercises

Carpal tunnel



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Median nerve glide



Move gently through the positions. This is a glide, not a stretch — stop before any tingling builds.

10 times**3 times a day****✓ Should feel**

A light pulling in the forearm

X Should not feel

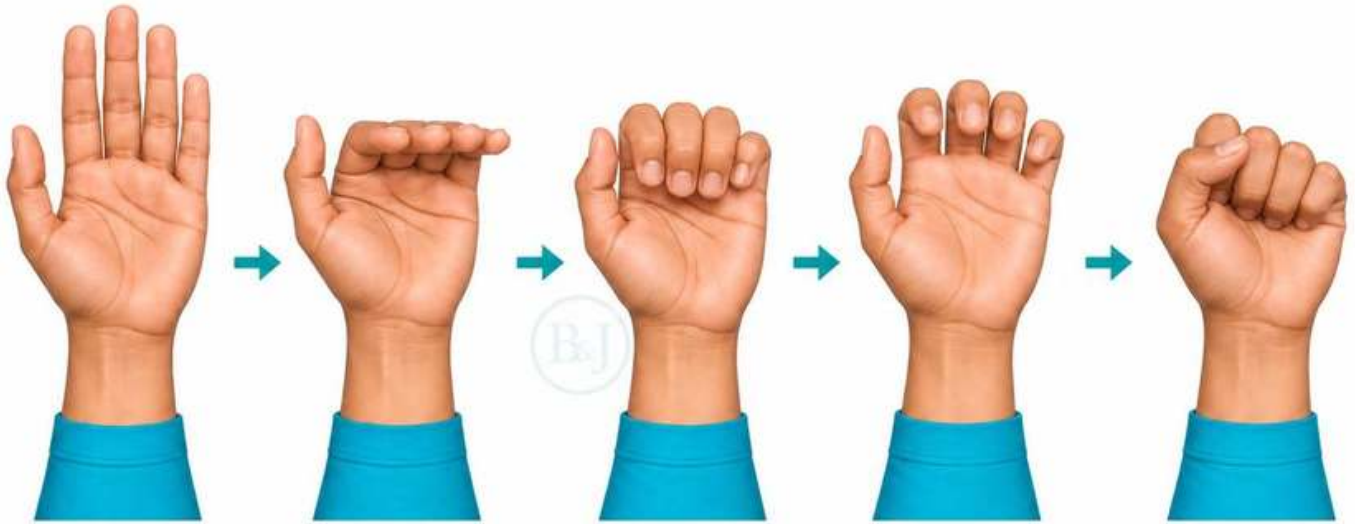
Tingling that lasts afterwards

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Monday to Saturday · Sunday by prior appointment only



Move the fingers through straight, hook, full fist and back to straight.

10 times

3 times a day

✓ **Should feel**

The tendons moving freely

✗ **Should not feel**

Catching



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3

Prayer stretch



Palms together, lower the hands until you feel a stretch.

Hold 20 seconds

3 times

✓ **Should feel**

A stretch at the front of the wrist

✗ **Should not feel**

Numbness increasing



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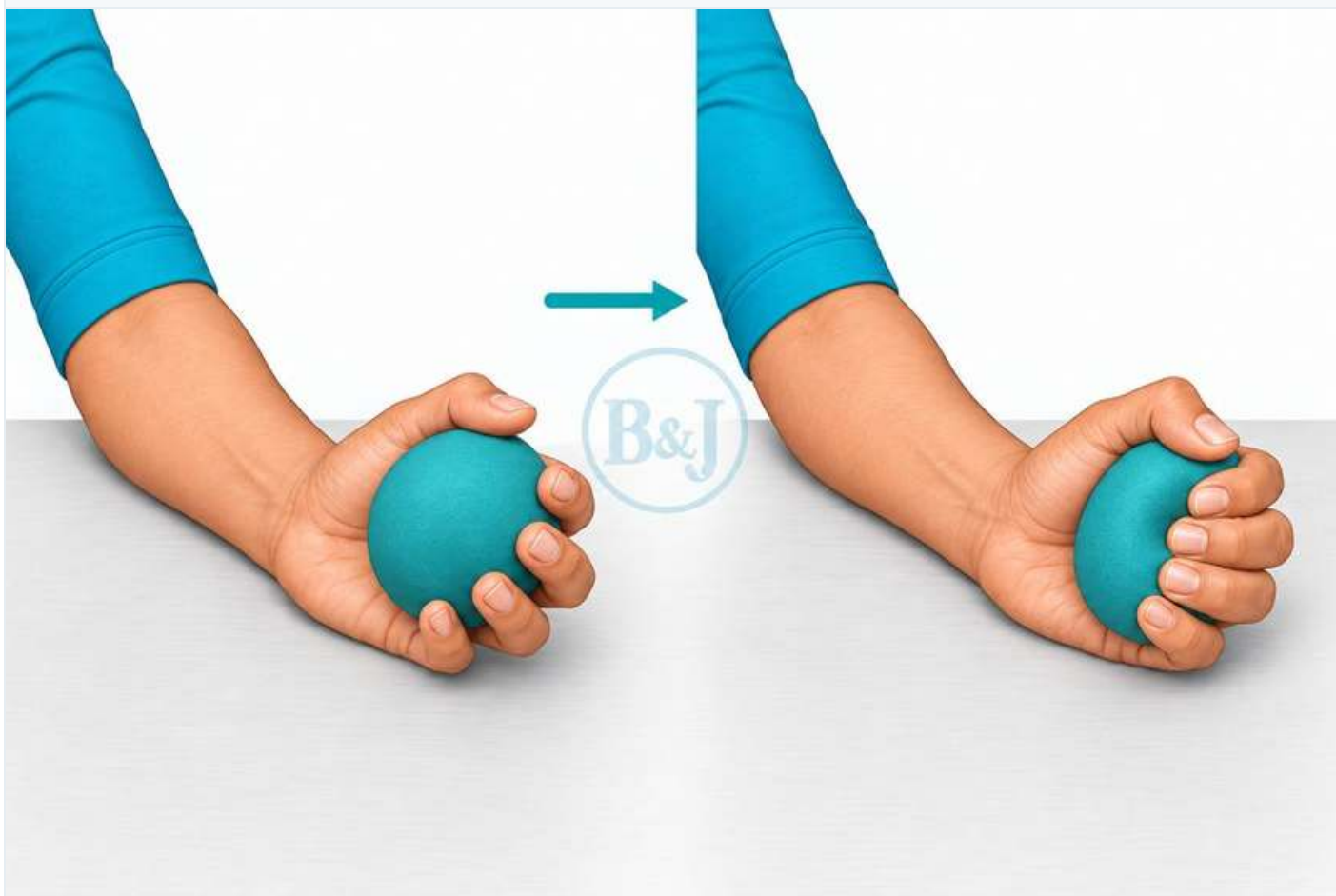
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4

Grip squeeze



Squeeze a soft ball gently.

10 times

2 times a day

✓ **Should feel**

The hand working

✗ **Should not feel**

Pain

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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