

UPSWING HEALTH

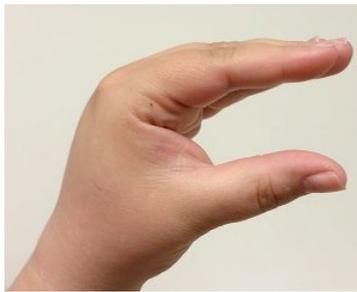
Carpal Tunnel Syndrome

Note: If post-surgical, perform with physician approval.

Tendon Gliding Exercises



1. Straight



2. Salute



3. Hook



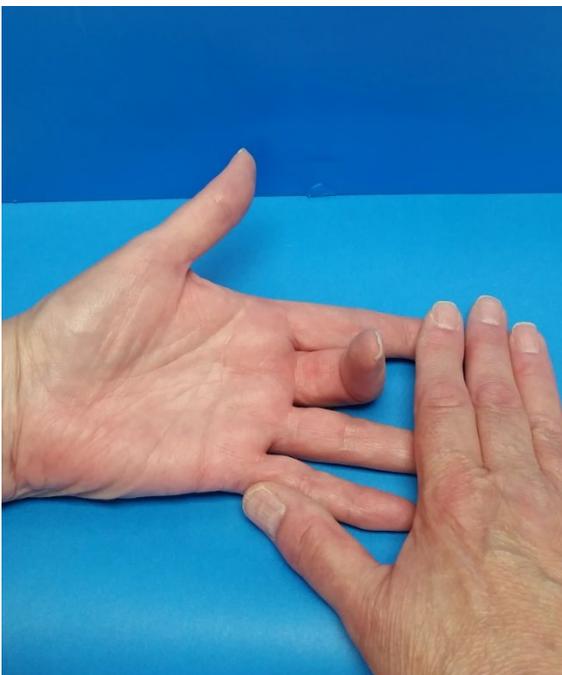
4. Fist



5. Straight Fist

Always return to straight after each exercise

Repeat 8 – 10 times, 3 – 4 times per day.



6. FDS Gliding

Hold fingers as shown. Bend the involved finger at the middle joint (PIP joint), hold for 5 seconds, and then straighten the finger.

Repeat 8 – 10 times, 3 – 4 times per day.

UPSWING HEALTH

Putty Exercises



1. Grip

Squeeze putty with all fingers, into your fist.



2. Tip Pinch

Squeeze putty between your index finger and thumb.



3. Three Jaw Pinch

Squeeze putty between your index, middle, and thumb.



4. Lateral Pinch ("Turning a Key")

Squeeze putty between your thumb and the side of your index.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

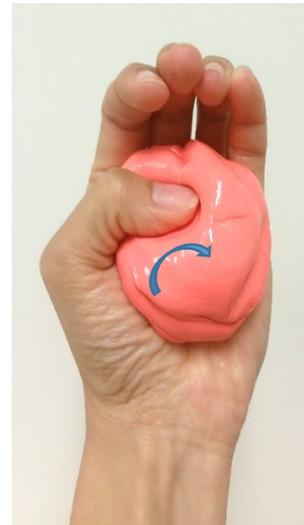
If the putty gets soft, keep in in the refrigerator.

UPSWING HEALTH



5. Composite Flexion

Hold putty in palm with your thumb. Press thumb into putty, aiming for your palm.



6. Thumb and Finger Extension

Place putty loop around tips of fingers and thumb.
Stretch loop by extending fingers and thumb.



7. Finger Abduction

Place putty loop around fingers.
Stretch loop by separating fingers.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

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8. Finger Adduction

Press putty between fingers.

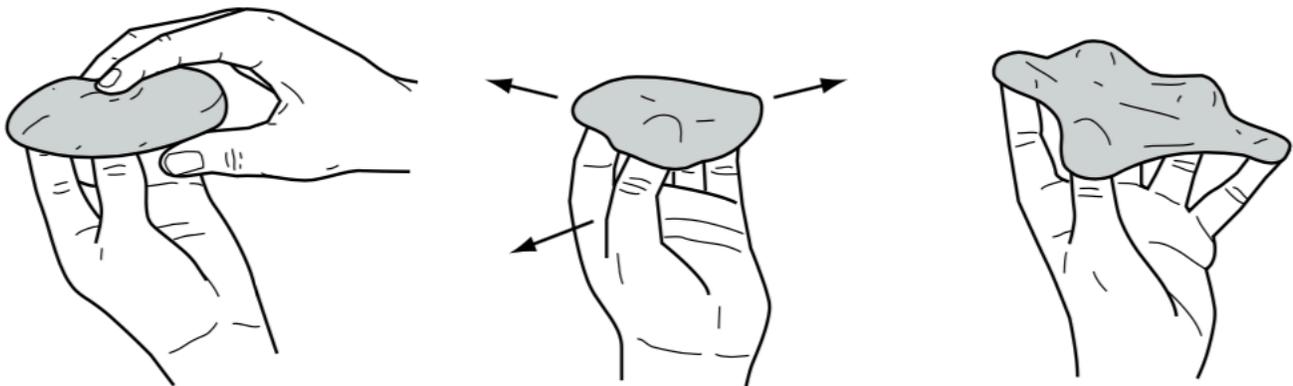


9. Thumb Extension

Straighten thumb inside putty loop anchored by fingers.

10. Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.

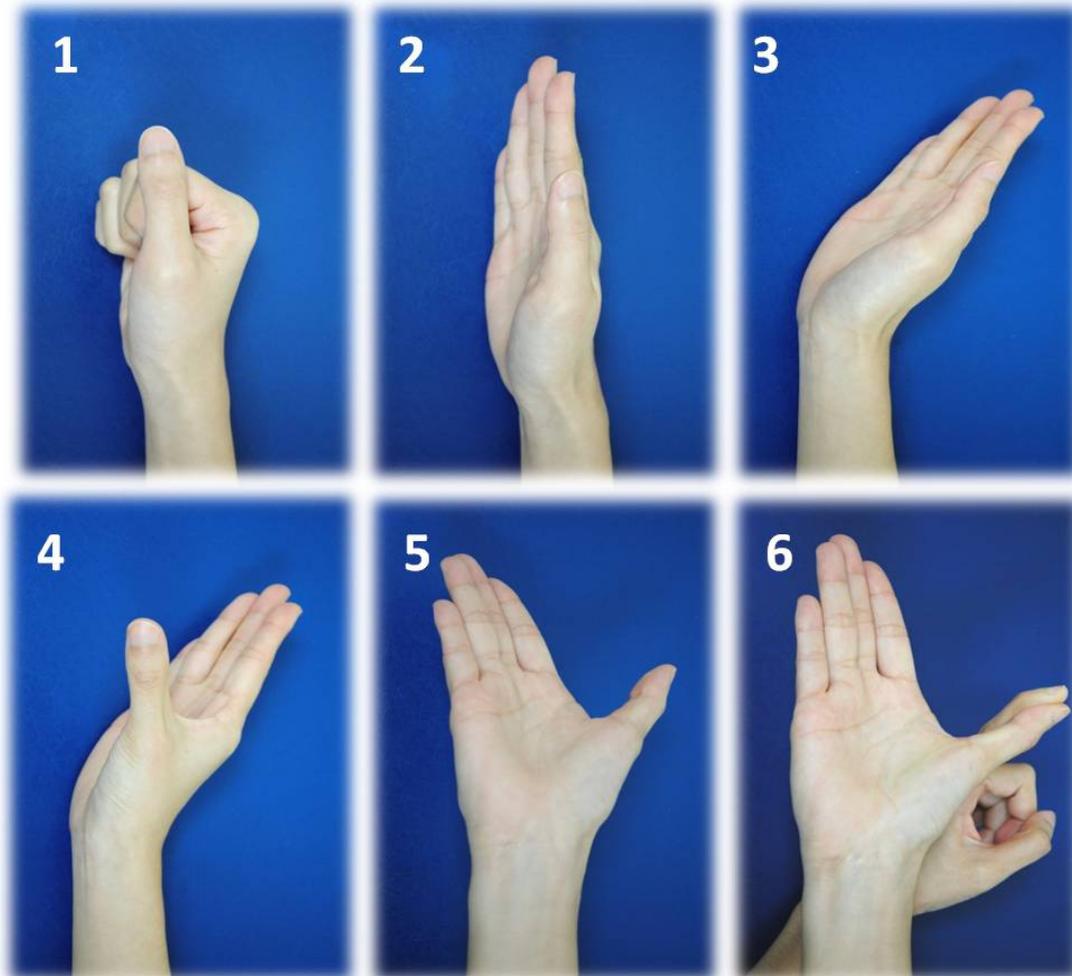


Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

If the putty gets soft, keep in in the refrigerator.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.

Median Nerve Glides



1. Wrist neutral, fingers and thumb in flexion.
2. Wrist in neutral, fingers and thumb in extended.
3. Thumb in neutral, wrist and fingers extended.
4. Wrist, fingers, and thumb extended.
5. As in position 4, with hand supinated (palm up).
6. As in position 5, other hand gently stretching thumb.

Perform each position 6 times, holding each position for 10 -15 seconds. Perform this exercise 3 – 4 times per day.