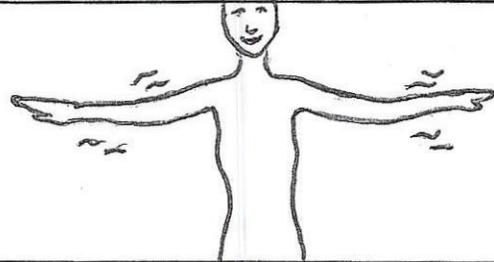


Carpal Tunnel Decompression Exercises Dr.Seradge

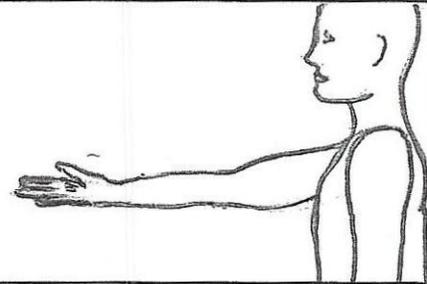
* Do Steps 1-13 once before and after your work day. Do steps 1-6 during breaks throughout the day. Move from one step to another in a slow flow, holding each step for a count of 10. Do not hurt yourself; skip a step if that step is painful.

RIGHT TO LEFT

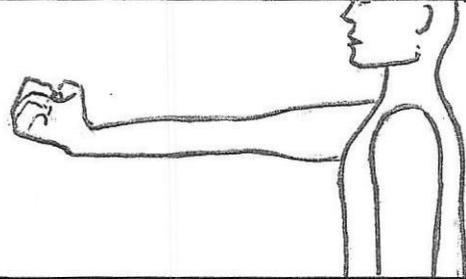
**1. Stand with arms at your sides.
Shake your arms.
Gently raise and lower your arms to
shoulder level.**



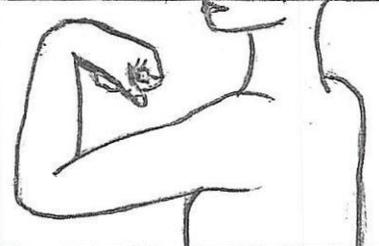
**2. Lift your right arm out in front, to
shoulder level, palm facing up.
Spread your fingers and gently bend your
wrist until your fingers point to the floor.**



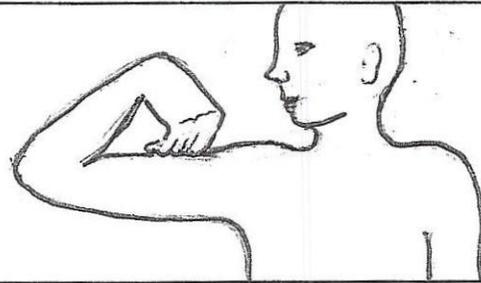
**3. Bring your fingers and wrist up,
forming a tight fist. Flex your wrist
toward you. Keep your elbow
straight.**



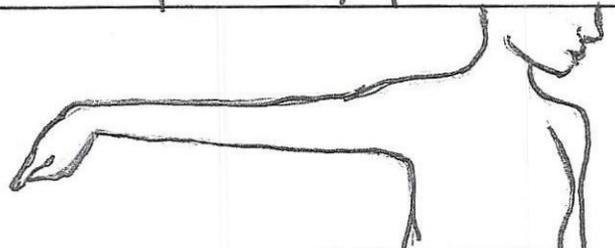
**4. Bend your elbow, pulling your fist
toward the shoulder.**



**5. Rotate your arm out toward the side,
arm still bent and fist held. Slowly
turn your head toward your fist**



**6. Straighten the elbow and fingers.
Bend your wrist, pointing the fingers
toward the floor. Slowly turn your head
toward the opposite shoulder.**



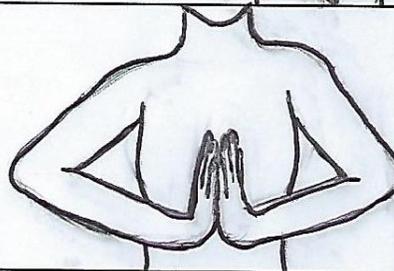
**This is a customized plan issued under medical supervision

* **Steps 7-13: BOTH ARMS.**

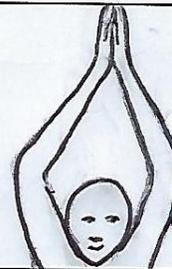
7. Bring both arms up to shoulder level in front of you. With elbows extended, push the back of your wrists together, fingers pointing down toward the floor. (This will resemble an inverted prayer position). Gently pull your shoulders back.



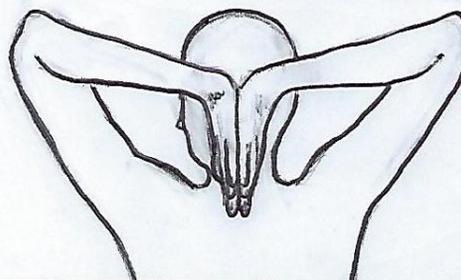
8. Bring hands into a prayer position and push palms and shoulders inward.



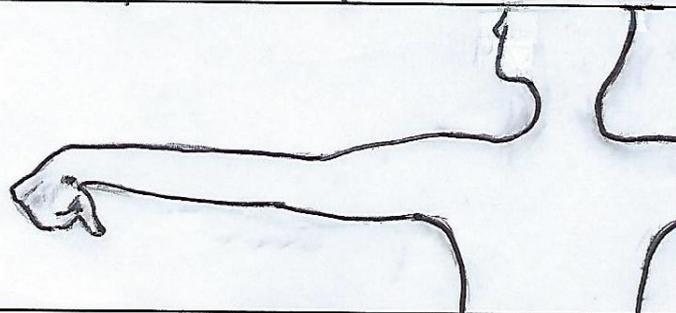
9. Keeping palms together, raise your hands above your head.



10. Bring your hands above and behind your head, pulling your shoulders back.



11. Stretch both arms out to the side at shoulder level, bending the wrists down and curling your fingers into a fist.



12. Straighten fingers, bringing your arms down by your side and then pushing them out behind you. Bend your wrists up and gently stretch the chin up.



**Relax your arms by your side.
Shake out your hands.**

**This is a customized plan issued under medical supervision.