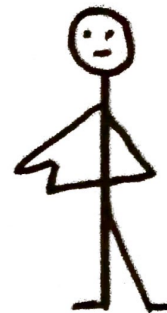


## Carpal Tunnel

3x exercise each day for 1 week

Fingers point upwards  
Push fingers back gently using lower arm  
Repeat both sides x 6



Gently pull 2 middle fingers to stretch  
Repeat 6 x on each hand



Pretend you have a ball in your hands  
squeeze inwards with hands / fingers  
Move fingers outwards  
Resist each move in and outwards  
Repeat 6 x

