

These exercises have been developed and tested by Dr. Housang Seradge at the [University of Oklahoma Orthopaedic & Reconstructive Research Foundation \(http://ortho-ok.com/orrf/ORRF\\_CARPAL\\_TUNNEL\\_PREVENTION.htm\)](http://ortho-ok.com/orrf/ORRF_CARPAL_TUNNEL_PREVENTION.htm).

Remember doing a quick five minute exercise warm-up before starting work, just as runners stretch before a run, can help prevent work-related injuries.

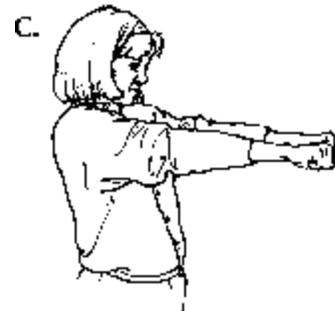
Extend and stretch both wrists and fingers acutely as if they are in a hand-stand position. Hold for a count of 5.



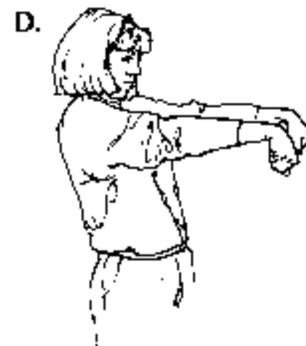
Straighten both wrists and relax fingers.



Make a tight fist with both hands.



Then bend both wrists down while keeping the fist. Hold for a count of 5.



Straighten both wrists and relax fingers, for a count of 5.



The exercise should be repeated 10 times. Then let your arms hang loosely at the side and shake them for a few seconds.



Source of pictures and descriptions of stretches: Housang Seradge, MD, et.al., poster exhibit, 1996 Annual Meeting, American Academy of Orthopaedic Surgeons.

**Other Important Treatment to decrease compression of the median nerve:**

1. Night splints in neutral position to prevent compression while you sleep. Splints at night can be worn for as long as needed dependent on your sleep posture. If nerve compression has been identified, you will need to use splints for 8 to 12 weeks at night consistently.
2. Just as your ankles accumulate fluid throughout the day, so do your hands and wrists. This increased volume adds to the pressure level in your carpal canal (where your median nerve lies along with 9 tendons of your hand). It is important to do:
  - a. General arms out to side and above head motion to get your circulation “pumps” active
  - b. 20 minutes of vigorous exercise is recommended
  - c. Arm circles and front of chest stretches
  - d. Postural awareness and scapular strengthening routine

If you do not have a regular routine of active range of motion of arms, neck, shoulders and are not aware of how to strengthen your postural musculature, please let your physician know. A trained hand therapist, occupational therapist or physical therapist can guide you and determine the most appropriate exercises for you.