

Let it Heal

Pain & Detox Clinic

Carpal Tunnel Exercises

These exercises are to follow the elbow/wrist exercises

1. Pull Fingers: With a straight wrist, pull the three middle fingers for 3-5 seconds.
2. Push Fingers: Push your three middle fingers backwards, stretching the underside of your wrist.
3. Flick the Water Off: This is the same position as the “Hammer Drop”, again using gravity as the arm drops. The difference is that you will open your fist, extending your fingers as your arm drops. Pretend that your hands are wet and you are flicking off the water.