

Carpel Tunnel Stretches

**These stretches are just recommendations and not meant for treatment purposes. If you do suffer from Carpel Tunnel, or think you do, treatment along with these stretches may be indicated.

Wrist Pronators



1) Flex arm and stretch fingers down and back with opposite hand.



2) Straighten arm while keeping tension on fingers.



3) Rotate arm by twisting fingers inward.

Thumb Flexors



1) Flex arm.

2) Extend wrist back, allowing fingers to curl in.

3) Stretch thumb back toward arm.

Wrist Flexors



1) Flex arm with palm up like holding a tray.



2) Reach through with opposite hand and stretch last two fingers down.

Wrist Extensors



1) Place arm straight down at side with palm facing back.

2) Stretch hand back, allowing fingers to cup.



3) Rotate hand outward.

4) Make a loose fist for more stretch.