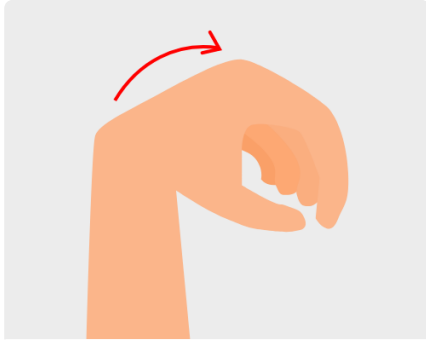


# Easy Exercises to Relieve Carpal Tunnel Pain

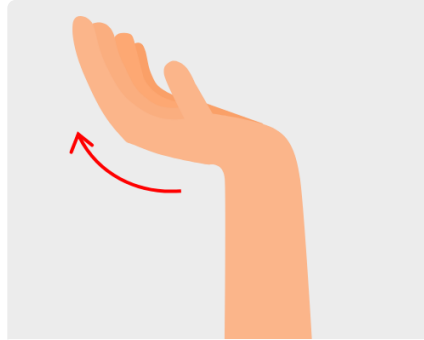
Time to Completion: 10 minutes

## EXERCISE 1: WRIST RANGE OF MOTION - [REPEAT 10 TIMES](#)



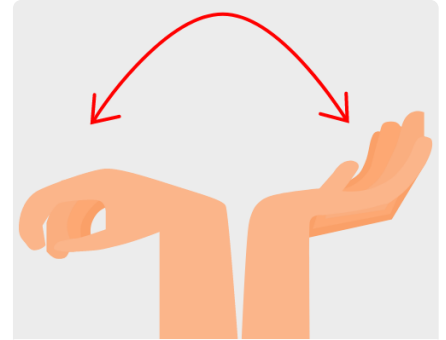
### STEP 1

Gently bend your wrist forward. Hold for 5 seconds.



### STEP 2

Gently bend your wrist backward. Hold this position 5 seconds.

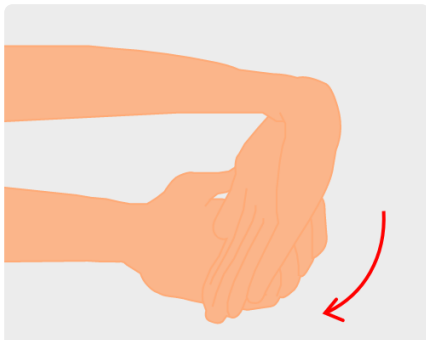


### STEP 3

Gently move your wrist from side to side (a handshake motion). Hold at each end.

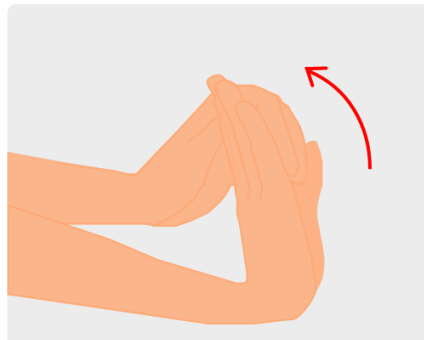
HOLD FOR 5 SECONDS

## EXERCISE 2: WRIST STRETCH - [REPEAT 5 TIMES](#)



### STEP 1

With one hand, help to bend the opposite wrist down by pressing the back of your hand and holding it down.

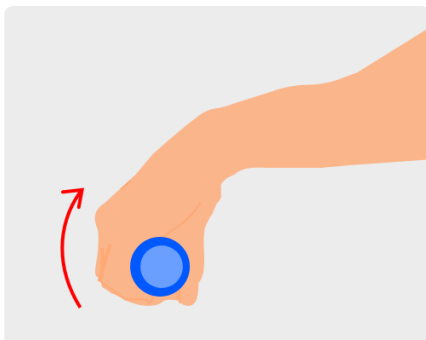


### STEP 2

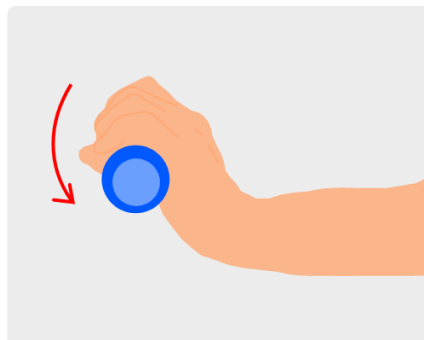
Stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight.

HOLD FOR 15 TO 30 SECONDS

## EXERCISE 3: WRIST EXTENSION - [REPEAT 10 TIMES](#)



### STEP 1



### STEP 2

HOLD FOR 2 SECONDS

Hold a soup can or hammer handle in your hand with your palm facing down.

Slowly lower the weight down into the starting position.

**EXERCISE 4: GRIP STRENGTHENING - [REPEAT 10 TIMES](#)**



**HOLD FOR 5 SECONDS**

**STEP 1**

Squeeze a rubber ball and hold for 5 seconds

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