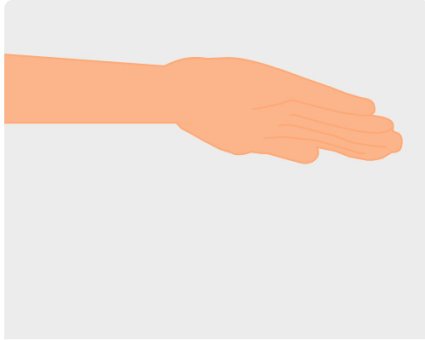


# Easy Exercises to Relieve Carpal Tunnel Pain

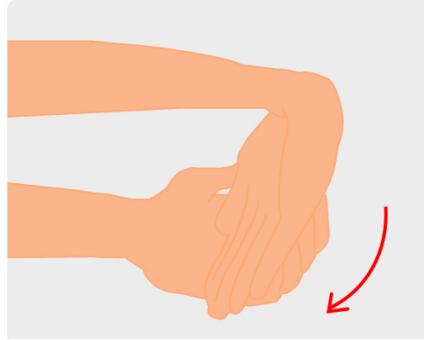
Time to Completion: 10 minutes

## EXERCISE 1: WRIST STRETCH PLAM UP - [REPEAT 5 TIMES](#)



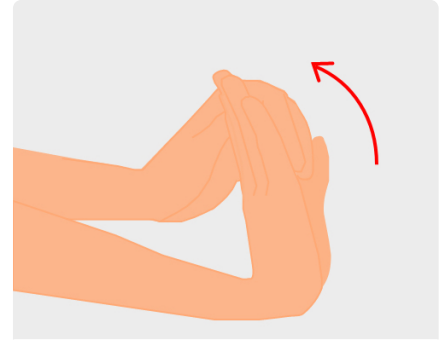
### STEP 1

Put your arm with the injured wrist in front of you.



### STEP 2

With the other hand, help to stretch the wrist by gently pressing the fingers backwards towards you.

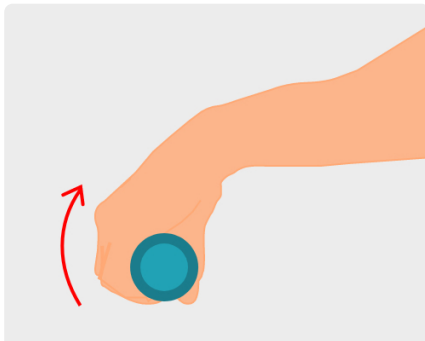


### STEP 3

Keep your elbow straight. **Hold for 15 seconds**, then relax.

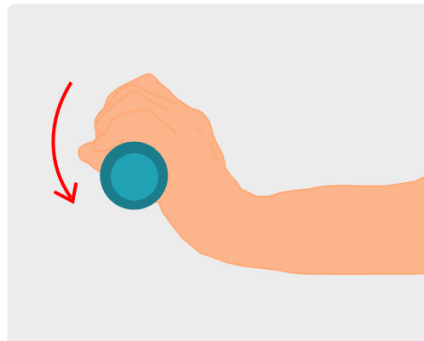
**HOLD FOR 15 TO 30 SECONDS**

## EXERCISE 2: WRIST EXTENSION - [REPEAT 10 TIMES](#)



### STEP 1

Hold a can or weight in your hand with your palm facing down. **Hold for 2 seconds**.



### STEP 2

Slowly lower the weight down into the starting position.

**HOLD FOR 2 SECONDS**

## EXERCISE 3: GRIP STRENGTHENING - [REPEAT 10 TIMES](#)



### STEP 1



### STEP 2



### STEP 3

**HOLD FOR 5 SECONDS**

Grab a rubber ball in your hand.

Squeeze the rubber ball until your grip is tight.

Hold for 5 seconds, then release.

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