

Carpal Tunnel - Median Nerve Gliding Exercises

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Hold each position for 5 seconds, repeat series 3 to 5 times.

1.



Begin with your wrist in a neutral position, fingers and thumb bent into a fist, with your thumb facing you.

2.



Extend your fingers and thumb into a straight, neutral position.

3.



Keeping your fingers and thumb straight, bend your wrist so that your palm faces up.

4.



Keeping your hand in the same position, extend your thumb away from your hand.

5.



Keeping your hand and fingers in the same position, rotate your wrist so that your palm faces away from you.

6.



While in position 5, gently pull down on your thumb with your free hand.