

The Hand Rehabilitation Center of Indiana

Therapy Program

Acute Carpal Tunnel Syndrome

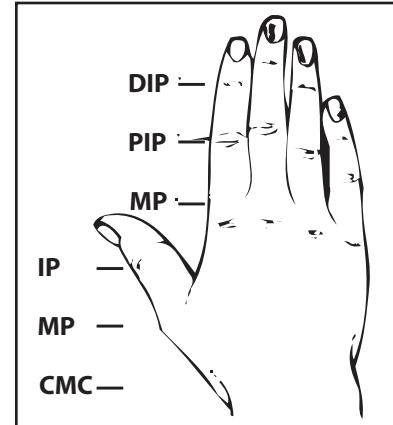
The following exercises are specifically designed to promote tendon gliding through the carpal tunnel and decrease inflammation/pressure on the median nerve.

SPLINT

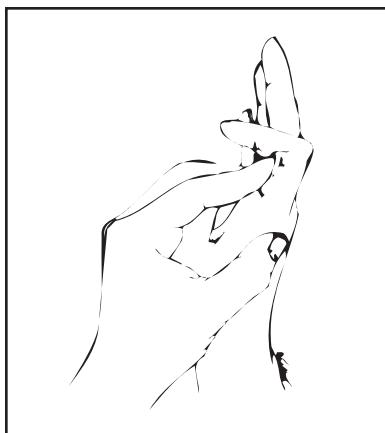
Wear the wrist immobilization splint at all times except for bathing and exercise sessions.

EXERCISES

If you are wearing the splint during the day, remove the splint 3 times a day and perform _____ repetitions of the following exercises.



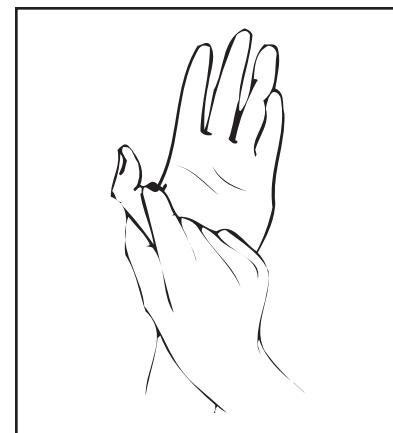
1. Blocking exercises



Block the MP joint & bend the PIP joint

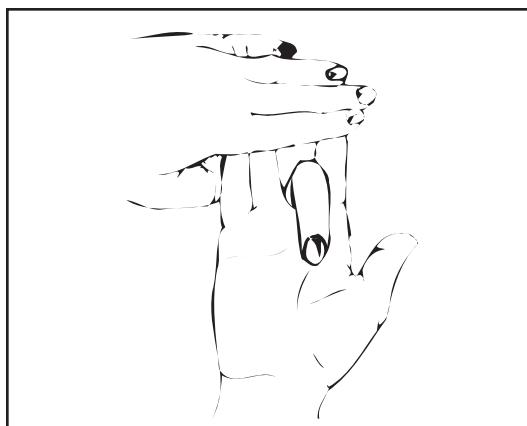


Block the PIP joint & bend the DIP joint



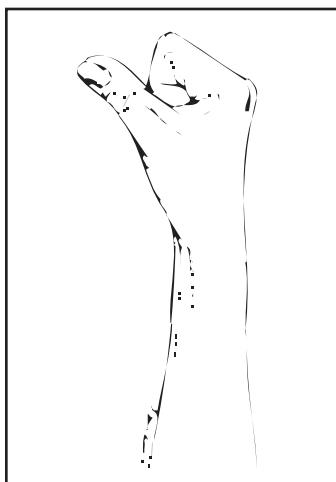
Block the MP joint of the thumb & bend the IP joint

2. Isolated blocking exercises.

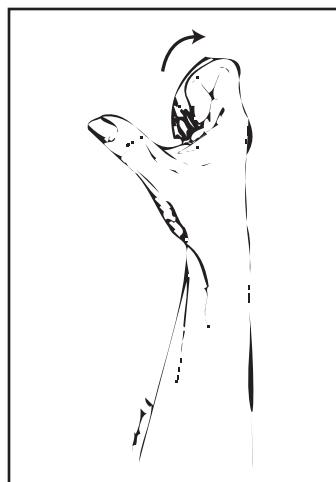


Hold three fingers straight and bend one finger. Perform this exercise with each finger.

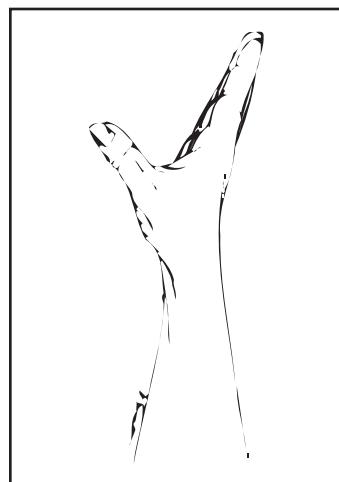
3. Make a fist, then straighten your MP joints while keeping the PIP and DIP joints flexed. Follow this with straightening your fingers.



Fist

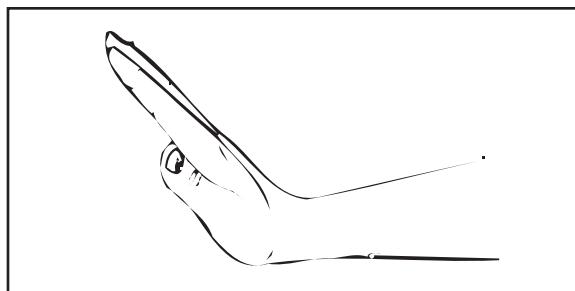
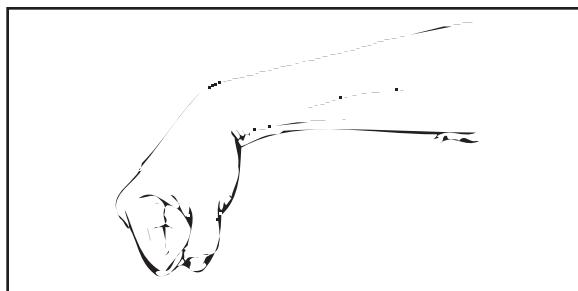


Claw



Straighten

4. Simultaneously bend your wrist and fingers; follow this with straightening your wrist and fingers.



CONTRAST BATHS

Alternating between warm and cold promotes dilation and constriction of the blood vessels. This helps “pump” the inflammatory cells and swelling out of the hand and wrist. Perform this exercise 1 time a day or as needed to reduce your symptoms.

Set Up: Prepare one pan of warm water (approximately 105° - 110° F)

Prepare one pan of cool water (approximately 59° - 68° F)

1. Immerse your hand/wrist into the warm water for 10 minutes
2. After 10 minutes, immerse your hand and wrist in cool water for 1 minute.
3. Switch back to warm water for 4 minutes, followed by 1 minute in the cool water.
4. Repeat #3.
5. End with your hand in warm water for 4 minutes.

NOTE: While in the water, gently bend and straighten your fingers.

ADDITIONAL SUGGESTIONS: _____
