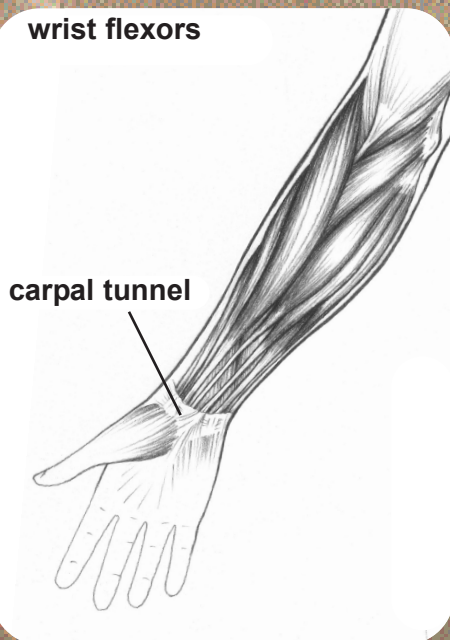


Carpal Tunnel Pain

STRETCH YOUR:

- 1) Wrist Flexors
- 2) Wrist Extensors
- 3) Wrist Decompression
- 4) Neck (see other chapters for more examples)

wrist flexors



wrist extensors



Wrist Extensor Stretch



STRETCH POSITION: Stand with good posture holding your right arm in front of your belt line. Place your right palm up with your fingers pointing to the left. Place your left hand under the back of your right hand as you simultaneously bend your right wrist up and drop both shoulders down toward the floor.

TIP: Maintain good posture and avoid leaning too far forward or backward. Be sure to relax your shoulders and soften your knees.

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.

PNF STRETCH: To increase muscle length, follow these steps: While continuing to maintain the stretch, back off slightly and gently resist the stretch by pushing the back of your right hand into your left hand. Once resistance is achieved, do not create any movement. Hold for 3 deep breaths, release & relax for 2 seconds without resistance and then stretch as described above. Repeat multiple times if desired stretching a little further each time.

Wrist Flexor Stretch



STRETCH POSITION: Stand with good posture holding your right arm in front of your belt line. Place your right palm down with your fingers pointing toward your body. Place your left hand under your right palm as you simultaneously bend your right fingers and wrist up and drop both shoulders down toward the floor.

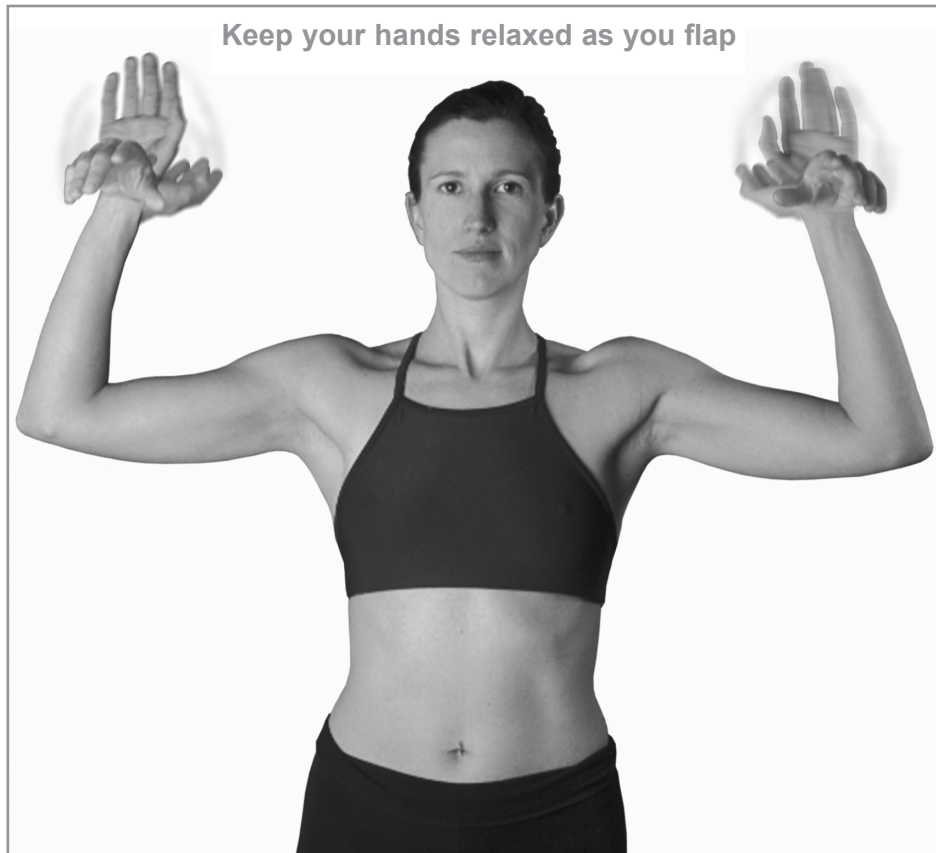
TIP: Maintain good posture and avoid leaning too far forward or backward. Be sure to relax your shoulders and soften your knees.

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.

PNF STRETCH: To increase muscle length, follow these steps: While continuing to maintain the stretch, back off slightly and gently resist the stretch by pushing your right palm & fingers into your left hand. Once resistance is achieved, do not create any movement. Hold for 3 deep breaths, release & relax for 2 seconds without resistance and then stretch as described above. Repeat multiple times if desired stretching a little further each time.

Wrist Decompression Carpal Tunnel “Pumps”



TIP: Maintain good posture and avoid leaning too far forward or backward. Be sure to relax your shoulders and soften your knees. Stay relaxed!

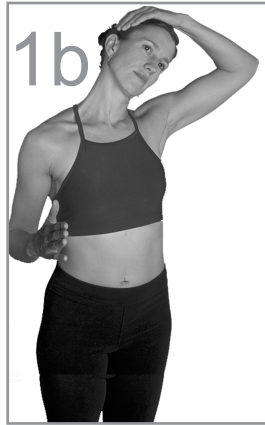
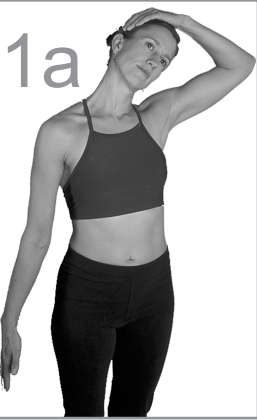
STRETCH POSITION: Sit or stand with good posture and your elbows bent just below your shoulders..Open your chest by bringing your elbows back and relax your shoulders down. Keep your palms facing forward with **very relaxed hands** and slowly begin waving/flapping your hands forward and back. Progressively wave your hands faster as your flap forward and backward somewhat rapidly, helping your wrist joints to decompress. Maintain good posture throughout the movement and focus on keeping your shoulders relaxed.

Breathe: Hold this stretch for 5-10 breaths while relaxing into the movements of this wrist opener.

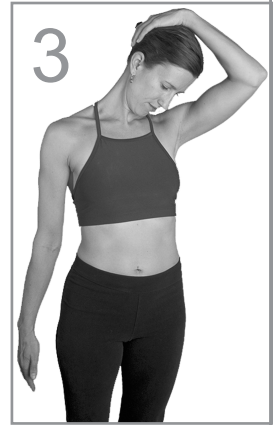
CAUTION!!! Stretch your forearms before doing these “pumps”! Be certain to begin this stretch slowly and progressively move faster at a comfortable pace.

If you feel pain, especially in either wrist, discontinue the stretch immediately!

Neck Lateral Flexion Stretch



AT YOUR DESK:
If sitting at a chair with an armrest, point your right elbow toward the floor to anchor your shoulder (fig. 1b).



1) Sit or stand with good posture. Continue looking forward as you extend your neck up toward the sky, then tip your left ear toward your left shoulder. Think of reaching up and to the left and avoid “crunching” your left side. Use your left hand to gently pull your neck toward your left shoulder. Actively point your right fingers (fig. 1a) or elbow (fig. 1b) downward toward the floor to anchor your shoulder.

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.

PNF Stretch: (stretch-resist-stretch)

To increase muscle length, follow these steps: While continuing to maintain position #2 (or while exploring angles) in just shy of a fully stretched position, gently resist stretch. Once resistance is achieved, do not create any movement. Hold for 3 deep breaths, relax for 2 seconds without resistance and then stretch as described in steps #1-#3.

2) Now explore changing the angle of your stretch by moving your right shoulder back slightly and your left hand toward the back of your head. Pull forward at this new angle and feel the stretch move to the back of your neck.

3) Slowly stretch the entire side and back of your neck by creating a number of different diagonal positions.

MUSCLES STRETCHED: All lateral and some posterior neck muscles, especially the scalenes, upper trapezius and levator scapulae.

