

Tendon Gliding Exercises



Straight fingers



Hook fist

Bend from end and second joints



Straight fist

Bend from main and second knuckles



Full fist

Activity Modification

If certain movement or tasks are aggravating your symptoms, you should modify your activity. It is important to restrict any wrist and finger activity that is repetitive and forceful. Such activity is believed to aggravate the typical symptoms of pins and needles and numbness in the tips of your hand.

Summary

- Carpal tunnel syndrome can be very painful and debilitating
- Early treatment can lead to a quicker and easier recovery
- If symptoms of pins and needles and numbness are present over the tips of thumb, index, middle and half of the ring finger, monitor your wrist movement; always keep hand in neutral position to prevent any undue stress on the hand and wrist, wearing a splint at night.
- If symptoms are present during the day, rotate work activities, wear splint at night and do your exercises.

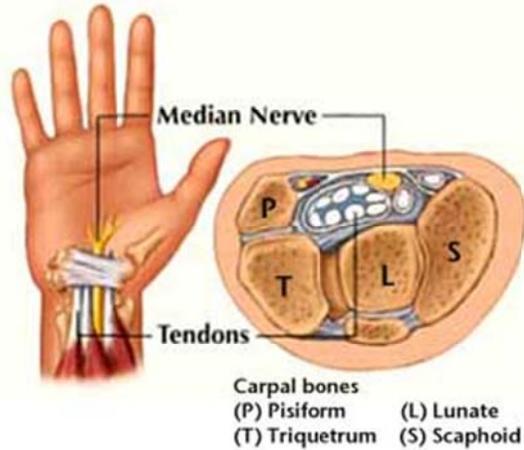
Hand and Wrist Service



Non-Operative Treatment for Carpal Tunnel Syndrome

Carpal Tunnel Syndrome

When diagnosed with carpal tunnel syndrome, positioning of your wrist is important to improve your symptoms. Splinting the wrist in a neutral position increases space within the carpal tunnel and decreases any irritation on the nerve. Wearing a splint at night can decrease the symptoms of pins and needles.



Splinting



The purpose of the splint is to relieve the symptoms therefore it needs to be comfortable.

Do not wear the splint during the day, unless you are planning repetitive hand activity for most of the day. To achieve the best results you ought to combine splinting with exercises and stretches of the irritated nerve. This will assist to alleviate the pain. Carry out the following exercises at least twice a day for 5 repetitions (1 repetition is from Position 1-6) each time.

Median Nerve Gliding Programme

Position 1



Wrist in neutral, fingers and thumb in flexion

Position 2



Wrist in neutral, thumb and fingers extended

Position 3



Wrist and fingers extended, thumb in neutral

Position 4



Wrist, fingers and thumb extended

Position 5



As in position 4, but with forearm in supination (palm up)

Position 6



As in position 5, with other hand gently stretching thumb.