

Carpal Tunnel Syndrome: Stretches

A lot of things can make carpal tunnel syndrome more likely.

These things include being pregnant ...

having a health problem such as diabetes or arthritis ...

having bone problems in your wrist ...

and doing certain kinds of hand movements ...

such as chopping a lot of vegetables, using tools, or even using a computer.

Now, doing a few easy hand and wrist stretches is one thing that may help prevent carpal tunnel syndrome.

The stretches also can help improve your symptoms or keep them from getting worse.

Use these stretches whenever you use your wrist or hands for long periods of time.

Do them a few times each day, or as your doctor recommends.

Let's start with a group of warm-up stretches. Do each one 4 times.

Rotate your wrists. Move them up, down, and from side to side.

Stretch your fingers far apart.

Relax them, and then stretch them again.

Stretch your thumb by pulling it back gently, holding it, and then releasing it.

Now let's do some palm up and palm down stretches.

These will stretch the wrist and forearm.

Extend one arm downward with your palm up.

Bend your wrist down.

Use your other hand to grasp the bent hand.

And gently bend your wrist farther back until you feel a stretch in your forearm.

Hold this stretch for 15 to 30 seconds, and do it 2 to 4 times.

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Now do the same thing again, but instead of facing your palm up, face it down.

Use your other hand to grasp the bent hand ...

and gently bend it down. Just like you did before.

Do the stretch on both hands.

In the last stretch ... the prayer stretch ...

you start with your palms together in front of your chest just below your chin.

Slowly lower your hands toward your waistline, keeping your hands close to your body.

You'll feel a stretch under your forearms.

Hold the stretch for 15 to 30 seconds, and do it 2 to 4 times.

And that's it.

A few stretches to warm up.

And then stretches with the palm up ... the palm down ... and the palms together.

These stretches are easy to do and they don't take much time.

And they just might help you prevent carpal tunnel syndrome.

How could you make them part of your day?