acupuncture · wellness

Carpal Tunnel Syndrome Exercises & Wrist Care

6 exercises that may help ease symptoms by improving hand and wrist flexibility

Carpal-Tunnel

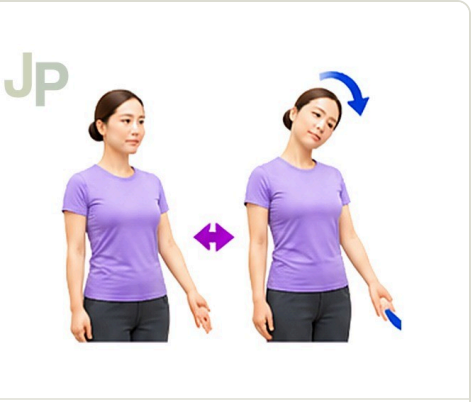
These gentle exercises help the nerve and tendons in your wrist move more freely. Stop if numbness or tingling increases.

Precautions

- Stop right away if numbness increases.
- If an exercise causes pain, reduce the range or the number of reps.
- Avoid forceful stretching or strong gripping.

How often

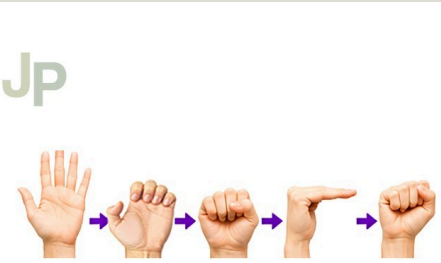
- Start gently, 1–2 times a day, and adjust to your symptoms.
- A night wrist splint that keeps the wrist straight, plus changes to aggravating activities, can also help.



1 Median Nerve Glide

1. A gentle exercise that helps the nerve move smoothly.
2. Slowly alternate between the two positions: arm relaxed at your side, then gently bend the wrist back while tilting your head toward the same side as the exercising arm.
3. Stay within a range that does not increase pain or tingling.

Start with 5 reps, comfortable range



2 Tendon Glides

1. Keep your wrist straight and move through the 5 positions: open hand → hook fist (bend only the last two finger joints) → full fist → tabletop (bend only the big knuckles to 90°, fingers straight) → straight fist (fingertips to the base of the palm).

5–10 reps · 1–2 sets



3 Wrist Flexor Stretch

1. Reach your arm straight out with the palm up.
2. With your other hand, gently pull the fingers down to stretch the front of the wrist.
3. Keep your elbow straight. Stop if numbness increases.

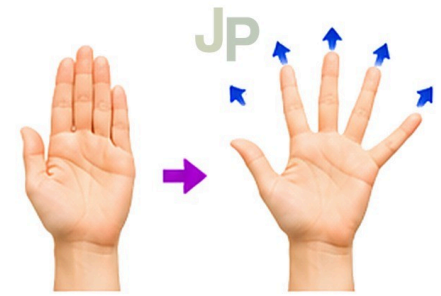
Hold 10–15 sec · 2 reps



4 Neutral Wrist Practice

1. Keep your wrist in a straight line with your forearm — not bent up or down.
2. Notice your wrist position when typing, using your phone, and doing daily tasks.

Practice often during the day



5 Finger Spread

1. Gently spread your fingers as wide as is comfortable, then bring them back together.
2. Keep your wrist straight and move slowly and relaxed.

10 reps · 1–2 sets



6 Gentle Wrist Motion

1. Slowly bend your wrist down, then back up, in a small range.
2. Stay within a pain-free range.

5–10 reps · 1–2 sets

See your provider soon if you notice:

- Wasting of the muscle at the base of the thumb
- Constant numbness or loss of feeling
- Weakness or dropping things
- Numbness in both hands with neck pain or trouble walking

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: AAOS OrthoInfo – Therapeutic Exercise Program for Carpal Tunnel Syndrome; JOSPT Carpal Tunnel Syndrome Clinical Practice Guideline (2026); Berkshire Healthcare NHS – Carpal Tunnel Syndrome (2026). These organizations have not reviewed or endorsed this material. Illustrations created with AI.