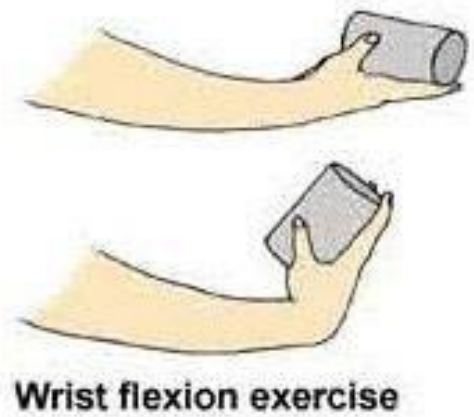
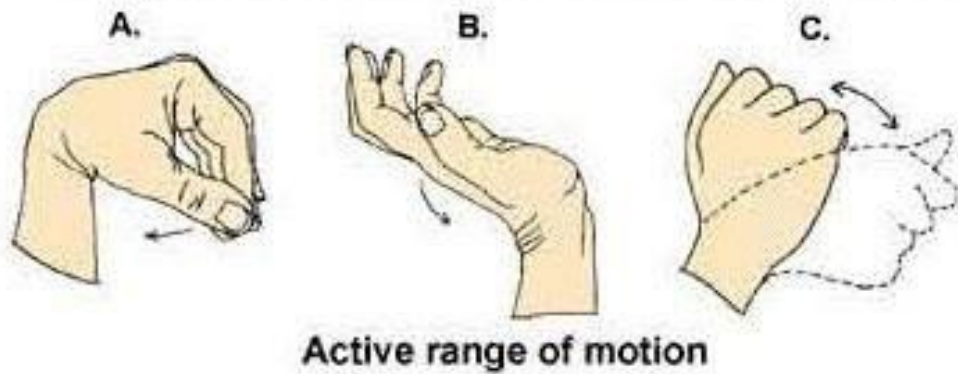
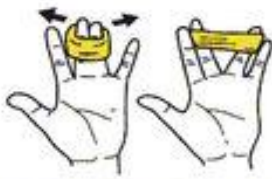


Carpal Tunnel Syndrome Exercises

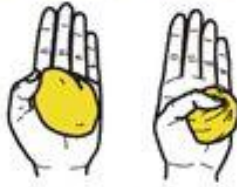


Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

Three Jaw Chuck Pinch



Using your thumb, index and middle finger, pull Thinking Putty upwards.

Finger Hook



Create a hook as you press your fingers into the Thinking Putty.

Full Grip



Make a fist while squeezing your fingers into the Thinking Putty.

Finger Pinch



Pinch the Thinking Putty between each finger and your thumb.

Finger Extension



Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.

Hand Care for Chiropractors & Physical Therapists

Do each exercise 5X every day



STRETCH FINGERS



FLEX WRIST



EXTEND WRIST



ROTATE HANDS



STRETCH WRISTS



STRETCH PALMS



SHAKE HANDS



FLEX FINGERS



STRETCH THUMBS



STRETCH EACH FINGER



Kevin Kelly 2013 ©

HAND ARTHRITIS: EXERCISES

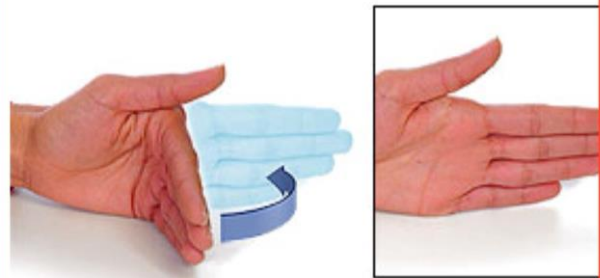
KAISER PERMANENTE

Tendon glides



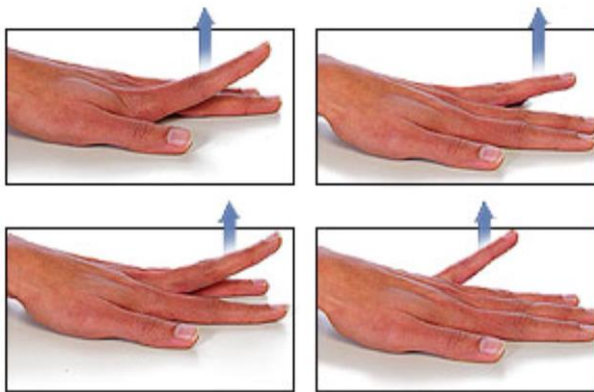
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Intrinsic flexion



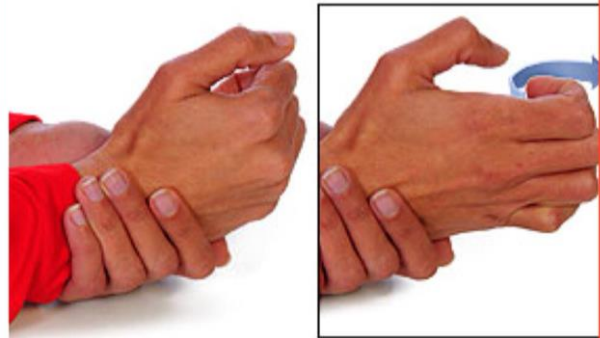
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Finger extension



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MP extension



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PIP extension (with MP extension)



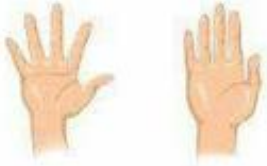
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DIP flexion



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OPEN & CLOSE FINGERS



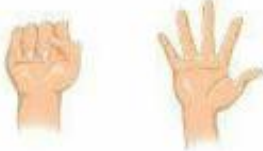
12 REPS
2 SETS

HAND ROLL



12 REPS
2 SETS

FIST & RELEASE



12 REPS
2 SETS

THUMB BEND



12 REPS
2 SETS

FINGER TAPS



12 REPS
2 SETS

RUBBER BAND STRENGTH



12 REPS
2 SETS

FINGER BEND



12 REPS
2 SETS

WRIST STRETCH



HOLD FOR
30 SEC