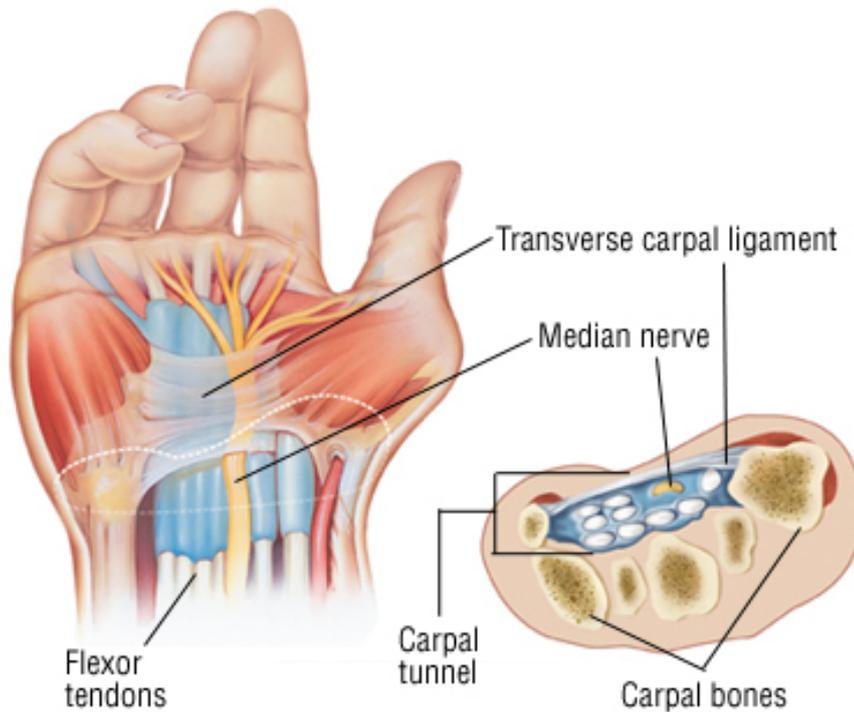


Carpal Tunnel Syndrome

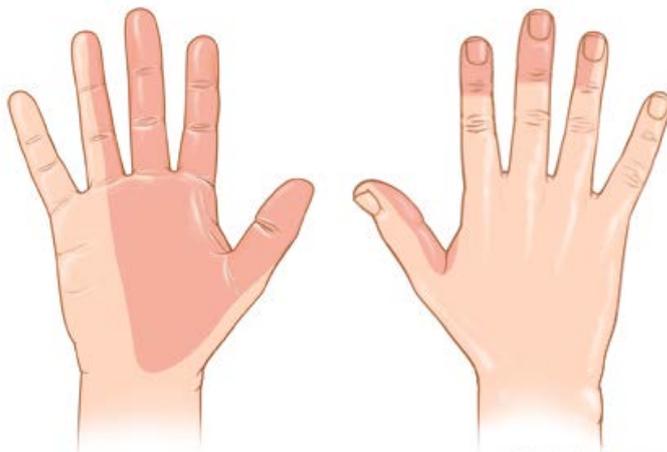
What is it?

Carpal Tunnel Syndrome (CTS) is a condition caused by the median nerve being compressed as it passes through the carpal tunnel in the wrist. The carpal tunnel is narrow and is formed by the wrist bones and a thick ligament, as shown in the picture below. CTS effects more women than men and is most common in those aged between 40 and 65.



<http://www.drugs.com/health-guide/images/205264.jpg>

CTS can cause a variety of symptoms, including pain, tingling, numbness, swelling, weakness or clumsiness of the thumb, index, middle and ring fingers. Symptoms are often worse over night, but may also occur throughout the day. Any condition that reduces the amount of space within the carpal tunnel can cause CTS. Examples of these can include (but are not limited to): inflammation, wrist arthritis, wrist fractures, fluid retention, diabetes or rheumatoid arthritis.



Areas of the hand supplied by the median nerve

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What can be done to help reduce symptoms?

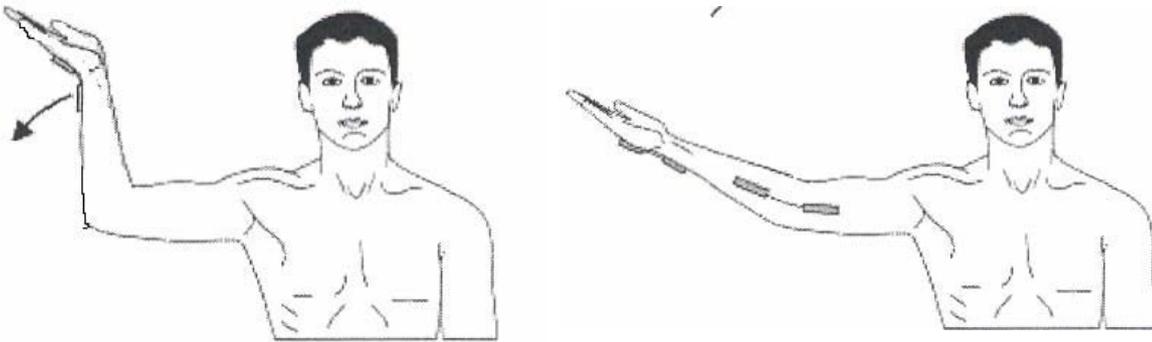
There are a few strategies that can help you reduce or prevent the symptoms of CTS. These strategies may include activity modification, good posture, exercises and splinting.

Exercises

These exercises help relieve CTS symptoms by gently gliding the median nerve and tendons through the carpal tunnel.

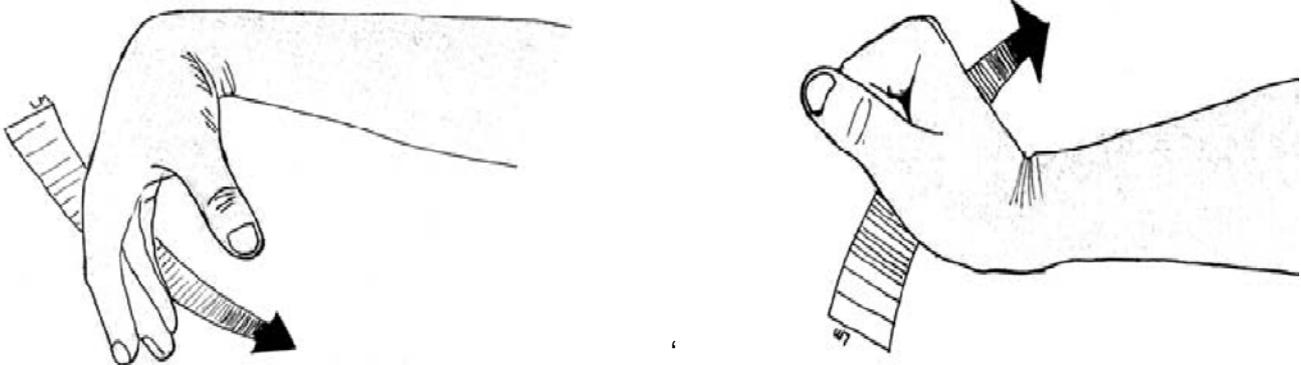
Median Nerve Glide - Arm

1. Hold your arm out to side with your palm facing up and wrist bent back
2. Straighten the elbow and hand $\frac{3}{4}$ of the way,
3. Alternate these positions.
4. Repeat **5** times, **5** times per day.



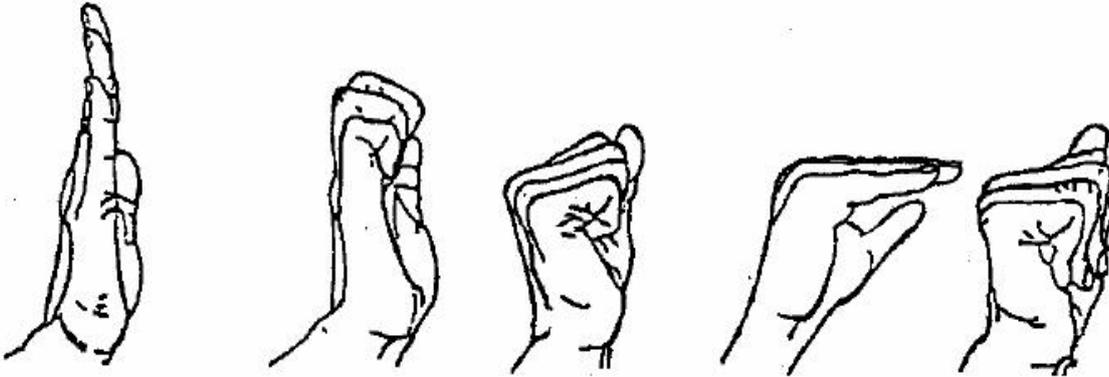
Median Nerve Glide - Wrist

1. Bend your wrist down (flexion) and back (extension). Keep your fingers relaxed.
 2. Keep your elbow still while you do the exercises.
- Do **10** repetitions of each exercise.
Do **5** exercise sessions each day



Tendon Glides

Start with fingers and wrist straight every time.
Do each exercise **5-10** times per session, and hold for **1** second.
Do these sessions **5** times each day.



STRAIGHT

HOOK

FULL FIST

TABLE TOP

STRAIGHT FIST

Please Note:

- If you feel an increase in your pain or symptoms you should stop that exercise until you can talk to your therapist.
- Only do the exercises your therapist tells you to do.
- Your exercises are an important part of getting better. They will only help if you do them as often as instructed.
- This information is intended as a general guide only. Please ask your therapist if you have any further questions.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100