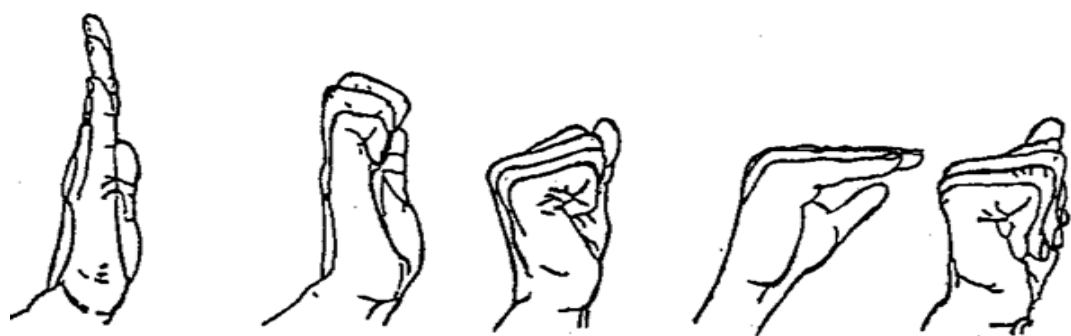


Hand Therapy

Carpal tunnel syndrome – exercises

Do __ exercise sessions per day.
 Repeat each exercise __ times.
 Hold each position for __ seconds.
 Please perform gently and within pain limits.



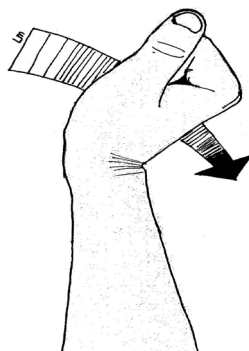
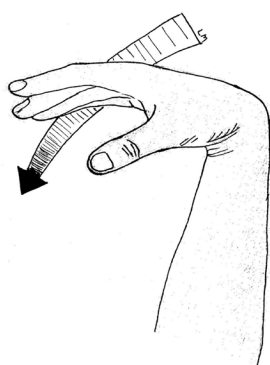
Straight

Hook

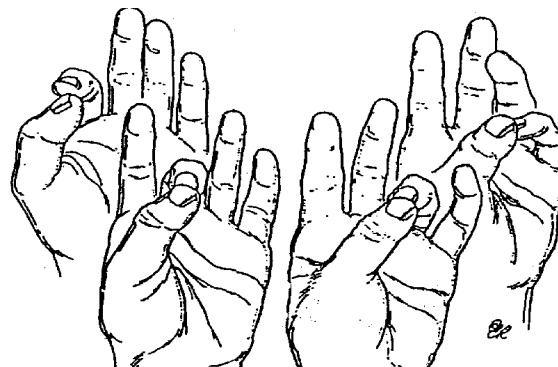
Full fist

Table top

Straight fist



Bend wrist backward and forwards



Thumb to fingertips

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

Therapist _____ Phone Number _____

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