
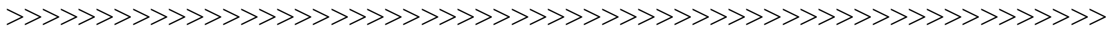


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Carpal Tunnel Syndrome

Carpal Tunnel occurs when there is an increase in pressure to a tunnel of nerves around your wrist. This is usually due to swelling. Symptoms can include; pain, tingling, numbness, swelling and loss of grip strength. Most symptoms resolve with conservative measures however for those that don't, they can offer injections and minor surgery known as a Carpal Tunnel release.

Splinting:

Health guidelines recommend trialling a wrist splint to settle your symptoms. We would recommend wearing this at night and with physical activities during the day, removing the splint when resting during the day. These splints are available at most chemists/pharmacies.



Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify your activities if you can and if you are unable to do this we recommend some relative rest.

Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed

Heat:

Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

Ice:

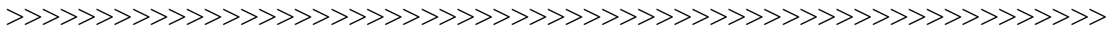
Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue

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damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

Exercises:

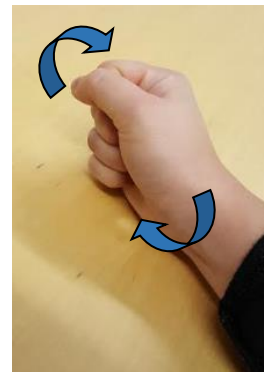
Prayer Stretch:

- Place your hands together in front of you
- Gently stretch the heel of your palms together
- Feel a gentle stretch
- Hold 10 seconds
- 10 repetitions



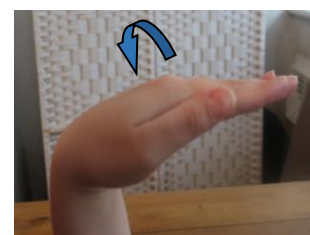
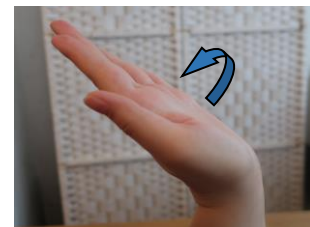
Grip Strength:



- Make a fist with your hand
- Hold for 10 seconds
- 10 repetitions



Wrist bend:

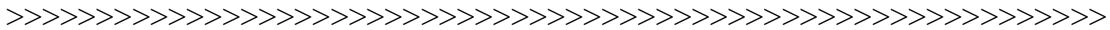
- Rest elbow on a table, with your wrist straight
- Gently bend your wrist backwards
- Hold 5 seconds
- Gently bend your wrist forward
- Hold 5 seconds
- 10 repetitions, 3 sets



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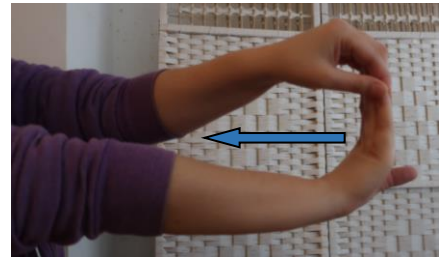


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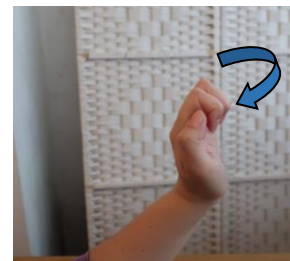
Wrist Flexor Stretch:

- Keeping your elbow straight, relax your wrist
- Keep your palm down
- With the opposite hand gently bend your wrist backwards
- Hold 20 seconds, 3 repetitions



Finger bend:



- Start with your fingers straight
- Gently bend the middle joints of your fingers towards your upper palm
- Hold 5 seconds
- 10 repetitions, 3 sets



Wrist extension with weight:

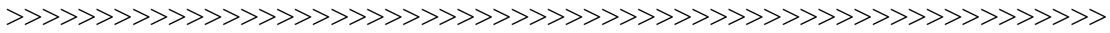
- Start for holding a light weight (e.g. can of beans)
- Keeping your palm down, stretch your arm out
- Slowly bend your wrist upwards and then return to the starting position
- 10 repetitions, 3 sets



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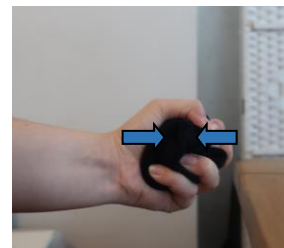


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Hand squeeze:



- Squeeze a stress ball
- Hold 5 seconds
- 10 repetitions, 3 sets



Median Nerve Exercises:

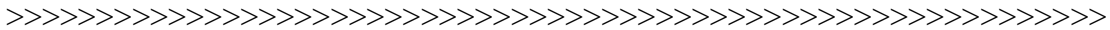
- Straight both arms in front on you
- Bend wrists back keeping fingers straight
- Hold for 2 seconds, and relax
- 10 repetitions, 2 sets



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Median Nerve Exercises:

- Form a fist with both hands
- Bend wrists
- Hold for 2 seconds, relax
- 10 repetitions



Median Nerve Glides:

- Straight your arm out to side with palm facing up and wrist bend back
- Straight the elbow at $\frac{3}{4}$ of the way
- Alternate these positions
- 10 repetitions, 2 sets

