

# CARPAL TUNNEL SYNDROME STRETCHES

This condition occurs from repetitive strain injury (RSI) in which the wrist tendons and forearm flexors become inflamed and thickened. The tendons become painfully trapped as they pass through the channel in the wrist formed by the hand (carpal) bones and the ligament of the hand. What makes this tunnel clinically significant is that the nerve from the neck (called the median nerve) and blood vessels passing through here can become compressed. Sometimes it is also trapped and irritated in the elbow region. Tendon inflammation from overuse or improper use squeezes these nerves and vessels to cause numbness, tingling, sweating, swelling, and severe pain.

RSI usually involves poor body posture. Neck strain and blocked nerve flow can predispose or exacerbate this condition. When the neck nerves are involved with the wrist nerve, it is referred to as “double crush” syndrome (“triple crush” when the elbow is involved) and surgery is the last option chosen to relieve it. We suggest that you consult a chiropractor for a conservative treatment first. Neck and arm stretches, proper posture, and correct ergonomics are essential to correcting and preventing this condition.

## *The “Super Six Rules” to Stretching Successfully:*

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce ( Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Side of Neck Stretch



Front of Neck Stretch



Back of Shoulder Stretch



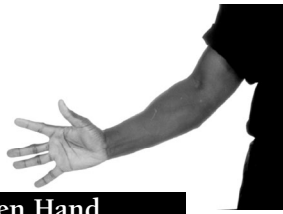
Tricep Stretch



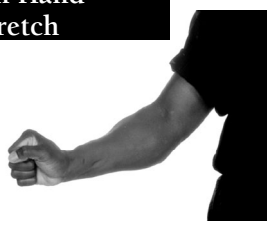
Shoulder/Rotator Cuff Stretch



Wrist Extension Stretch



Open Hand Stretch



Closed Hand Stretch



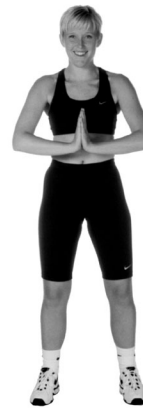
Shoulder Reach Stretch



Bottom of Chest Stretch



Middle Chest Stretch



Wrist Extension Stretch



Wrist Flexion Stretch



Bottom of Wrist Stretch



Top of Wrist Stretch