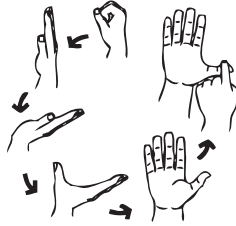


Carpal Tunnel

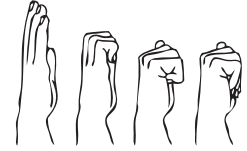
AROM Wrist median Nerve Glide

- Begin with making a fist, wrist in a neutral position.
- Straighten fingers and thumb.
- Bend wrist back, move thumb away from the palm.
- Turn wrist palm up.
- Use other hand to pull thumb farther away from palm.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.



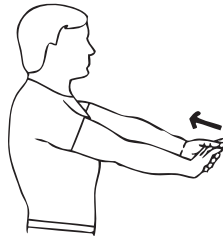
AROM Hang/Finger Tendon Glide

- Start with fingers straight.
- Make hook fist, return to straight hand.
- Make full fist, return to straight hand.
- Keep straight fist, return to straight hand.
- Repeat.
- Perform 3 set of 20 repetitions, once a day.
- Rest 1 minute between sets
- Perform 1 repetition every 4 seconds.



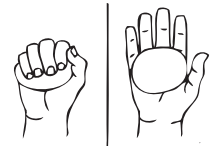
Stretch Wrist Flexors Straight Arm Position

- Grasp fingers of one hand with other hand.
- Keep elbow straight on involved arm
- Pull back hand gently, as shown.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



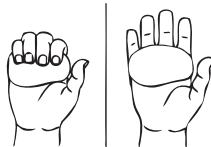
Resist Finger Flex Grip with Putty

- Place putty in hand.
- Squeeze putty with fingers, as shown.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Finger Flex Intrinsic with Putty

- Place putty in hand.
- Squeeze putty with just the ends of your fingers, as shown.
- Repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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