



Mid-trap exercise

Lie on your stomach on a firm surface and place a folded pillow underneath your chest. Place your arms out straight to your sides with your elbows straight and thumbs toward the ceiling. Slowly raise your arms toward the ceiling as you squeeze your shoulder blades together. Lower slowly. Do 3 sets of 15. As the exercise gets easier to do, hold soup cans or small weights in your hands.



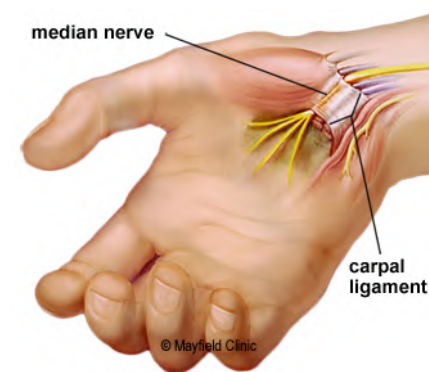
Scalene stretch

Sit or stand and clasp both hands behind your back. Lower your left shoulder and tilt your head toward the right until you feel a stretch. Hold this position for 15 to 30 seconds and then come back to the starting position. Then lower your right shoulder and tilt your head toward the left. Hold for 15 to 30 seconds. Repeat 3 times

Stand in an open doorway or corner with both hands slightly above your head on the door frame or wall. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds. Repeat 3



Pectoralis stretch

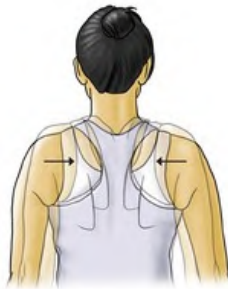


## CARPAL TUNNEL SYNDROME REHABILITATION EXERCISES

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While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds. Do 2 sets of 15.

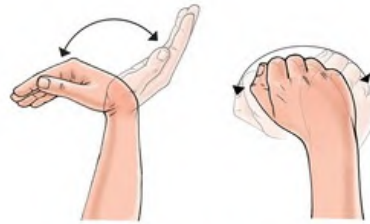


Scapular squeeze



Wrist extension

Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist up. Slowly lower the weight down into the starting position. Do 2 sets of 15. Gradually increase the weight of the object you are holding.



Wrist range of motion

Gently bend your wrist forward. Hold for 5 seconds. Do 2 sets of 15.

Gently bend your wrist backward. Hold this position 5 seconds. Do 2 sets of 15.

Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds in

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Press the back of the hand on your injured side with your other hand to help bend your wrist. Hold for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction. Hold for 15 to 30 seconds. Keep the arm on your injured side straight during this exercise. Do 3 sets.



Wrist stretch



Thoracic extension

Sit in a chair and clasp both arms behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times each day.



Grip strengthening

Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2 sets of 15.