

Carpal Tunnel Rehabilitation

THESE EXERCISES

This programme has specific exercises to strengthen the muscles of your forearm and hand, to treat and also prevent Carpal Tunnel Syndrome. These exercises should be done at least once a day, or preferably twice a day time permitting. It is important to ensure the exercises are performed with good technique and control. We

Wrist Flexion and Extension

Relax your forearm on a table, with your hand hanging over the edge of the table. Bend your wrist downwards, and then upwards, and repeat. This exercise can be used to improve the mobility of your wrist.

SETS

REPS

 [Video:](https://youtu.be/yUjyobkC3DAwq)
<https://youtu.be/yUjyobkC3DAwq>



Median Nerve Glide Floss 1

Standing next to a wall, place your palm on the wall with your fingers facing down and arm straight, and side-bend your neck towards the opposite side, and then back towards the wall. You will feel a stretch in your arm, shoulder and slightly into the side of your neck. This exercise is a nerve glide.

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 [Video:](https://youtu.be/P299ojX-fo)
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Finger Flexion Active

Make a fist with your hand. Hold this position, and then relax the fingers. Use this exercise to increase finger mobility, especially if you have difficulty gripping.

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 [Video:](https://youtu.be/4RNZ2dmUJuc)
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have given suggested sets and repetitions. Remember everyone is different so your therapist may give guidance that is more specific to you.

The stretches are also performed to mobilise the tissues and joints, these can be done repeatedly during the day.

Ball Squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeezable items.

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 [Video:](https://youtu.be/EMx8Ufcovik)
<https://youtu.be/EMx8Ufcovik>



Wrist Extension Band

Rest your arm on a table with your palm facing down. Hold an exercise band, and extend your wrist to create resistance in the band. This is a strengthening exercise for the wrist, forearm and elbow.

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 [Video:](https://youtu.be/7WdNUU3vCH4)
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Wrist Flexion Stretch

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

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 [Video:](https://youtu.be/gMPPdPSOehs)
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AW Rasmussen

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Pocket Notes for the Physical Therapist Assistant Steven B. Skinner, Christina McVey, 2012-05-31 *Ther Ex Notes*

Carolyn Kisner, Lynn Allen Colby, 2022-10-17 A Davis's Notes Title Perfect wherever you are in class in clinic and in practice Great study tool One of my favorite study tools for school I flip through this in my down time or on breaks to review and it helps so much Brittany C Online Reviewer Put the information you need at your fingertips with this handy easy to use guide to the proper exercises for your patients Each joint tab follows a consistent order general exercises for the specific region followed by common pathologies and surgeries with specific interventions for each pathology or surgery Crystal clear photographs show you a wealth of different techniques while a streamlined format makes the information extremely easy to understand Following Davis's Notes Series signature style you'll have write-on/wipe-off pages for note taking while thumb tabs and a spiral binding help you find what you need Updated Revised All of currency of Therapeutic Exercise Foundations and Techniques 8th Edition by Carolyn Kisner, John Borstad, and Lynn Allen Colby Updated Revised Surgical protocols based on new evidence Bulleted tables with a progression of exercises Concise exercise guidelines for selected orthopedic pathologies and operative procedures Exercise interventions for mobility, muscle performance, stability, and balance Over 350 full color photographs illustrating sequences of exercise for the spine and the extremities And more **Medicine Prep**

Notes Dr. Y. Murali Bharadwaz, **Rehabilitation of the Hand and Upper Extremity, E-Book** Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri Felder, Eon K Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity Rehabilitation of the Hand and Upper Extremity helps you return your patients to optimal function of the hand, wrist, elbow, arm, and shoulder Leading hand surgeons and hand therapists detail the pathophysiology, diagnosis, and management of virtually any disorder you're likely to see with a focus on evidence-based and efficient patient care Extensively referenced and abundantly illustrated the 7th Edition of this reference is a must-read for surgeons interested in the upper extremity hand therapists from physical therapy or occupational therapy backgrounds anyone preparing for the CHT examination and all hand therapy clinics Offers comprehensive coverage of all aspects of hand and upper extremity disorders forming a complete picture for all members of the hand team surgeons and therapists alike Provides multidisciplinary global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors Includes many features new to this edition considerations for pediatric therapy, a surgical management focus on the most commonly used techniques, new timing of therapeutic interventions relative to healing characteristics and in-print references wherever possible Features more than a dozen new chapters covering Platelet Rich Protein Injections, Restoration of Function After Adult Brachial Plexus Injury, Acute Management of Upper Extremity Amputation, Medical Management for Pain, Proprioception in Hand Rehabilitation, Graded Motor Imagery, and more Provides access to an extensive video library that covers common nerve injuries, hand and upper extremity transplantation, surgical and therapy

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Prevention Practice Jeffrey Rothman,1992 A reference for rehabilitation specialists currently providing or planning health promotion and prevention programs including lower back pain prevention exercise programs for the elderly prevention of falls corporate fitness ergonomics TMJ syndrome prevention cumulative trauma disorders stress management and other health problems The book is aimed at physiotherapists and occupational therapists **Health Promotion and Exercise for Older Adults** Carole Bernstein Lewis,Linda C. Campanelli,1990 Here is a step by step guide for rehabilitation clinicians promoting exercise health classes for the older population Practical information detailed guidelines are presented including reproducible patient handouts Also included are suggestions regarding additional services from various agencies

The Comprehensive Guide to Work Injury Management Susan J. Isernhagen,1995 This book features the latest

approaches to help you create a safe work place avoid injury and return the injured worker to the job. This timely resource provides updates on the practical cost effective approaches that produce measurable outcomes. Readers will learn how to apply the latest techniques for early intervention and prevention. Ergonomics, functional testing and measurement, carpal tunnel syndrome and back injuries and a wide range of state of the art approaches are showcased in a single volume. See how to comply with OSHA and ADA requirements, conduct outcome studies and much more.

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