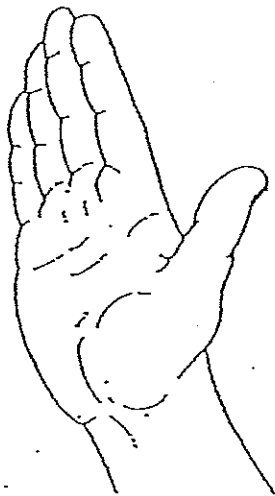
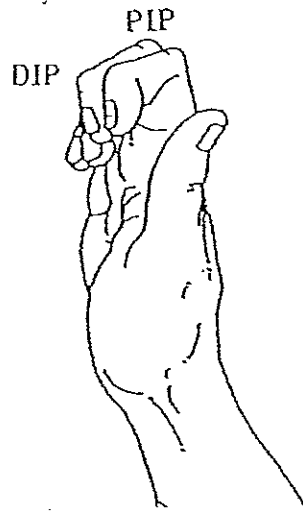


## Tendon Gliding Exercises For Carpal Tunnel Syndrome

Repeat each exercise 10 times, 3 times per day



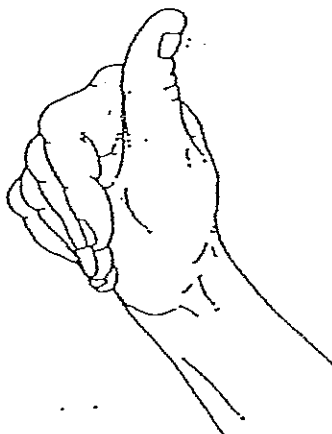
Starting position



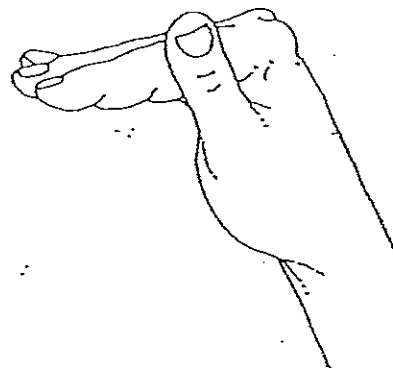
Hook fist



Full fist



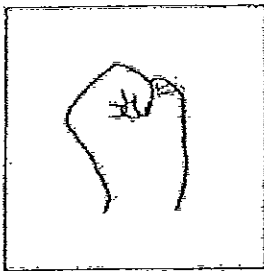
Straight finger fist



Intrinsic plus position

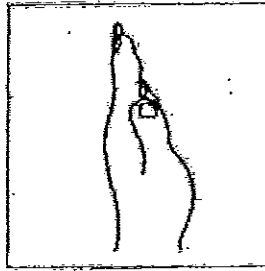
## Median Nerve Gliding Exercises For Carpal Tunnel Syndrome

Starting Position 1



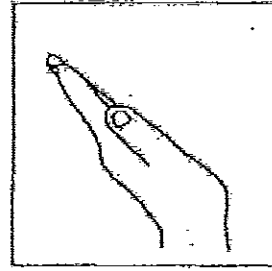
Wrist in neutral, fingers and thumb in flexion

Position 2



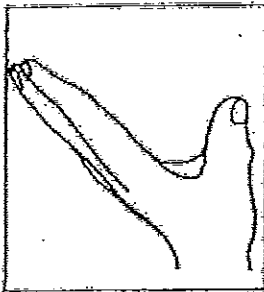
Wrist in neutral, fingers and thumb extended

Position 3



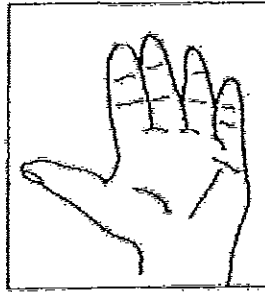
Thumb in neutral, wrist and fingers extended

Position 4



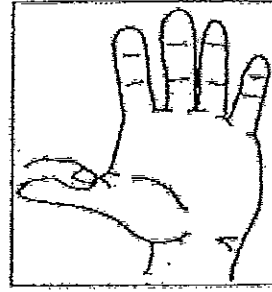
Wrist, fingers and thumb extended

Position 5



Same as in position 4, with forearm in supination (palm up)

Position 6



Same as position 5, other hand gently stretching thumb

Repeat the sequence of exercises 10 times, 3 times per day