

Therapy Department

Carpal Tunnel Syndrome

Repeat: **2** time(s), every **1** day(s)

Estimated Total Time: **00:08:59**



kiio FLEX Program Prepared by:

Theresa Parry
Hand to Shoulder

Description not available
(920) 730-8833

Notes: Avoid end range wrist motion during activities and at night. Consider using a wrist brace at night to maintain a neutral position. Exercises shouldn't increase numbness or tingling.

1: Active Hook fist

Start with your fingers straight. Bend your fingers first into a hook position.



Effort

Remember

1 Set x 10 Reps

15.0 sec. each (Total: 0:02:30)



2: Active Straight Fist

Starting with your hand straight and your wrist slightly back, touch your palm by bending only the middle and knuckle joints of your fingers.



Effort

Remember

1 Set x 10 Reps

5.5 sec. each (Total: 0:00:55)



Don't bend fingertip joints.

3: Active Composite Flexion Extension

Curl your fingers and thumb to make a fist. Then open your hand, spreading your fingers apart.



Effort

Remember

1 Set x 10 Reps

7.0 sec. each (Total: 0:01:10)



Alternate making fist and spreading fingers apart.

4: Active MP Abduction Adduction

Alternate spreading your fingers apart and bringing them back together.



Effort

Remember

1 Set x 10 Reps

3.3 sec. each (Total: 0:00:33)



Alternate spreading and closing fingers.

Don't forget about the thumb!

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5: Median Nerve Flossing - Wrist

Stand with your arm at your side, elbow bent ~90°, palm up. Using your opposite hand to keep your index and middle fingers extended, partially straighten your elbow as you shrug your shoulder and tip your head to the same side. Then gently relax your shoulder and bring your head and forearm back to the starting position. Perform this exercise in a slow, rhythmic fashion.



Effort

1 Set x 10 Reps

4.3 sec. each (Total: 0:00:43)



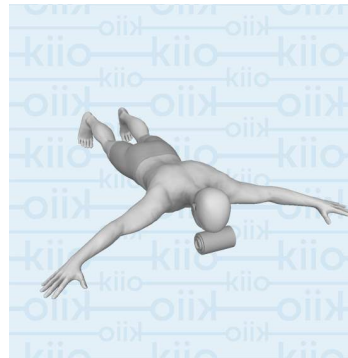
Remember

Keep wrist still.

Gentle stretch only.
Avoid pain,
numbness or tingling.

6: Scapular Retraction and Rotation T's - Prone (Towel Roll)

Lie face down on the floor with your forehead on a towel roll. Your arms should be out to your sides at shoulder height creating a "T" with your body, palms down. Lift your arms off the floor until they are even with your back, rotating your forearms so you finish the movement with your thumbs pointing to the ceiling to activate your rotator cuffs.



Effort

1 Set x 15 Reps

4.8 sec. each (Total: 0:01:12)



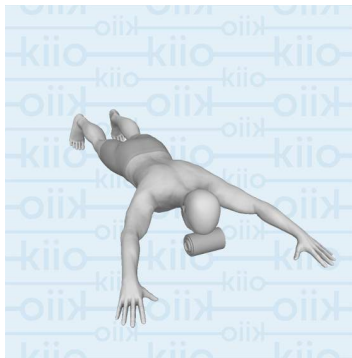
Remember

Squeeze shoulder blades
together and down.

Rotate forearms so
thumbs point up.

7: Scapular Retraction and Rotation Y's - Prone (Towel Roll)

Lie face down on the floor with your forehead on a towel roll. Your arms should be out to your sides, hands slightly overhead creating a "Y" with your body, palms down. Lift your arms off the floor until they are even with your back, rotating your forearms so you finish the movement with your thumbs pointing to the ceiling to activate your rotator cuffs.



Effort

1 Set x 15 Reps

4.8 sec. each (Total: 0:01:12)



Remember

Squeeze shoulder blades
together and down.

Rotate forearms so
thumbs point up.

8: Rhomboid Lift - Prone

Lie on your stomach, face down, arms out to the sides, elbows and shoulders bent 90° (goal post position). Starting with palms down, rotate your thumbs toward the ceiling as you lift your arms up until they are even with your body.



Effort

1 Set x 15 Reps

3.0 sec. each (Total: 0:00:44)



Remember

Squeeze shoulder blade muscles.