

Carpal Tunnel Syndrome

WRIST · HAND

Tingling, numbness or night pain in the thumb, index and middle fingers from a compressed median nerve. A night splint is the best-evidenced home measure; these glides are a helpful adjunct.

1



Tendon Glides

10 reps each position

- Straight → hook → fist → tabletop → flat.
- Move slowly through each shape.

2



Median Nerve Glide

10 slow reps

- Arm out, palm up; tilt the head away.
- Gentle tension only.

3



Wrist Flexor Stretch

3 × 20 sec

- Elbow straight; pull the fingers back gently.
- Feel it on the palm side of the forearm.

4



Wrist Extensor Stretch

3 × 20 sec

- Elbow straight; bend the wrist down.
- Both stretches ease forearm tension.

5



Thumb Opposition

10 reps

- Touch the thumb to each fingertip in turn.
- Make a round 'O' each time.

6



Light Grip Squeeze

3 × 10 (later phase)

- Squeeze a soft ball with the wrist straight.
- Only once pain-free; stop if tingling increases.

HOW OFTEN

Wear a neutral wrist splint at night. Glides 2–3 times daily. If not settling in 6–8 weeks, a steroid injection or nerve test is the next step.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Constant numbness, wasting of the thumb muscle, or dropping objects — book a review.