

we-fix-wack-a-molers

and all other individuals who suffer **carpal tunnel**



“It’s obvious you’re a sucker for that age-old sport once the fair arrives in town. But after far too many years of trying to keep that good old mole down, you’ve lost that spring in your wrist. Luckily, David, Cristol and their team have put together a few exercises to help you get back in walloping form.

Self-help guide sheet – Carpal Tunnel

STRETCHING EXERCISE 1

With palm facing up bend the wrist towards the ground. Hold this position for 30 seconds 4 times a day.



TENDON GLIDING EXERCISE 1

Move your hand into each of the positions below, performing 5 cycles 3 times a day.
Pic of 3 hand positions – thumb ext, thumb abd and thumb flex

TENDON GLIDING EXERCISE 2

Using a small ball squeeze the ball for 2 minutes twice a day. Slowly progress to squeezing more times, squeezing harder, or using a harder ball.



TENDON GLIDING EXERCISE 3

Holding a small weight of 2-3 pounds, with the thumb facing upward, lift the weight by bending the wrist back. Perform 10 repetitions, twice a day.

Our physiotherapists and foot therapists are always here to help with any of your ailments.

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we-fix-u.com

YOUR PHYSIOTHERAPY & FOOT HEALTH CENTRES