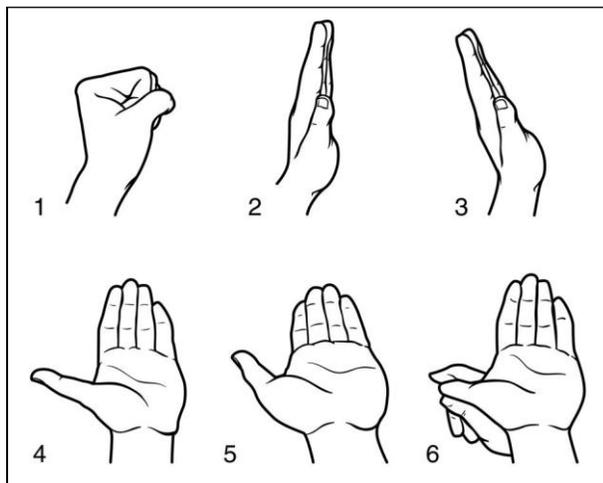


**HOME PHYSICAL THERAPY PROGRAM FOR CARPAL TUNNEL SYNDROME—Dr Fahim Khan.**

Apply ice (a bag of crushed ice or frozen peas) to the hand for 10 minutes on and off after each exercise session to prevent inflammation.

<b>Exercise Type</b>	<b>Targeted Structure</b>	<b>Number of Repetitions/Sets</b>	<b>Number of Days per Week</b>	<b>Number of Weeks</b>
Nerve gliding	Median nerve	10 to 15 repetitions	6 to 7	3 to 4



**NERVE GLIDING**

Begin with the affected hand raised.

- (1) Make a fist, with the thumb outside the fingers.
- (2) Extend the fingers, keeping the thumb close to the side of the hand.
- (3) Extend the hand at the wrist (bend it backward, toward the forearm), keeping the fingers straight.
- (4) With the wrist straight, extend the thumb as shown.
- (5) Keeping the thumb extended, extend the hand at the wrist.
- (6) Reach behind your hand and grasp the thumb with the thumb and forefinger of the opposite hand. Pull the thumb downward, away from the palm of your hand.

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