The following exercises are specifically designed to promote tendon gliding through the carpal tunnel and decrease inflammation/pressure on the median nerve.

**SPLINT**
Wear the wrist immobilization splint at all times except for bathing and exercise sessions.

**EXERCISES**
If you are wearing the splint during the day, remove the splint 3 times a day and perform _____ repetitions of the following exercises.

1. Blocking exercises
   - Block the MP joint & bend the PIP joint
   - Block the PIP joint & bend the DIP joint
   - Block the MP joint of the thumb & bend the IP joint

2. Isolated blocking exercises.
   - Hold three fingers straight and bend one finger. Perform this exercise with each finger.
3. Make a fist, then straighten your MP joints while keeping the PIP and DIP joints flexed. Follow this with straightening your fingers.

![Fist](image1)

![Claw](image2)

![Straighten](image3)

4. Simultaneously bend your wrist and fingers; follow this with straightening your wrist and fingers.

![Wrist and Fingers](image4)

**CONTRAST BATHS**

Alternating between warm and cold promotes dilation and constriction of the blood vessels. This helps “pump” the inflammatory cells and swelling out of the hand and wrist. Perform this exercise 1 time a day or as needed to reduce your symptoms.

**Set Up:** Prepare one pan of warm water (approximately 105° - 110° F)
Prepare one pan of cool water (approximately 59° - 68° F)

1. Immerse your hand/wrist into the warm water for 10 minutes
2. After 10 minutes, immerse your hand and wrist in cool water for 1 minute.
3. Switch back to warm water for 4 minutes, followed by 1 minute in the cool water.
4. Repeat #3.
5. End with your hand in warm water for 4 minutes.

**NOTE:** While in the water, gently bend and straighten your fingers.

**ADDITIONAL SUGGESTIONS:**