



Protocol: Carpal Tunnel ROM

FW5 Wrist Flexor Stretch (1)

With elbow straight, slowly bend wrist back with opposite hand until a stretch is felt.

Hold __ seconds. Relax.

Repeat __ time(s).

Do __ session(s) per day.



FW8 Wrist Extensor Stretch (1)

With elbow straight, slowly bend wrist down with opposite hand until a stretch is felt.

Hold __ seconds. Relax.

Repeat __ time(s).

Do __ session(s) per day.



FW14 Wrist Circles

Stand with your arm at your side, your elbow bent to 90 degrees and your palm down. Move your hand in a circular motion.

Repeat __ repetition(s) per set.

Rest __ minute(s) between sets.

Do __ set(s) per session.

Do __ session(s) per day.



C10 Median Nerve Stretch with Hand on Wall

Place hand on the wall as shown. Move your chin toward the opposite shoulder until a stretch is felt. Hold 1-2 seconds.

Repeat __ time(s).

Do __ session(s) per day.





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C11 Median Nerve Mobilization - Crescent Moon stretch

Hold the involved hand using the non-involved hand. Pull the hand back from the wrist as shown. Keep elbows straight while lifting the involved arm out to the side and up.

Repeat ___ time(s).

Do ___ session(s) per day.

