

TUNNEL TUNE-UP

CARPAL TUNNEL PROTOCOL



Exercise 1: Isolated FDS Glide Index Finger

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Begin with your hand resting on a table. Your palm should be facing up. Cover all of the digits with your opposite hand, leaving only your index finger exposed.

Movement : Actively move your index finger up and towards you.



Exercise 2: Isolated FDS Glide Middle Finger

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Begin with your hand resting on a table. Your palm should be facing up. Cover all of the digits with your opposite hand, leaving only your middle finger exposed.

Movement : Actively move your middle finger up and towards you.



Exercise 3: Active Thumb Composite Flexion

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Open your palm and straighten your fingers.

Movement : Bend both joints of your thumb, moving your thumb across your palm. Try to touch the base of your little finger.



Exercise 4: Grip Strengthening

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Begin with your elbow bent and resting on the table, putty placed in your hand.

Movement : Squeeze putty using thumb and all fingers.



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Exercise 5: Tendon Gliding Hook

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Begin with your elbow bent and resting on the table.

Movement : Bend the fingers until the tips of the fingers touch the base of the fingers. Gently make a hook and hold.



Exercise 6: Tendon Gliding L

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Begin with your elbow bent and resting on the table, your palm open, fingers touching and fully extended.

Movement : Bend your fingers until your hand makes a "L" shape.



Exercise 7: Tendon Gliding Flat Fist

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Begin with your elbow bent and resting on the table, your palm open, fingers touching and fully extended.

Movement : Bend fingers down to the base of your palm keeping tips of fingers straight making a flat fist.



Exercise 8: Tendon Gliding Fist

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk

Start: Begin with your elbow bent and resting on the table, your palm open, fingers touching and fully extended.

Movement : Bend your fingers so the tips of your fingers should gently rest on your palm at the distal palmar crease.

