



Wrist Flexors Ulnar Nerve

Place the palm facing upward like you are holding a tray. With the other hand, pull down on the pinky and ring fingers.

Repeat 1x
Complete 1 set

Hold 5-10 seconds
2 times per hour



Wrist Extensor Radial Nerve

Extend one arm down with the palm forward, rotate the palm, and make a loose fist. Flex your wrist upwards, gradually add more rotation to stretch the wrist and forearm.

Repeat 1x
Complete 1 set

Hold 5-10 seconds
2 times per hour



Wrist Flexors Median Nerve

Flex the elbow and extend your wrist. Grab your fingers with the other hand and pull your arm straight pulling your fingers towards you..

Repeat 1x
Complete 1 set

Hold 5-10 seconds
2 times per hour



Thumb Median Nerve

Bend your elbow and extend the wrist. Gradually pull your thumb toward you.

Repeat 1x
Complete 1 set

Hold 5-10 seconds
2 times per hour



Carpal Tunnel

With your elbow by your waist and forearm parallel to the floor lift your fingers and hand toward the ceiling. Use the opposite hand to hold your thumb, ring finger, and pinky, gently pulling your fingers down. Repeat on both sides.

Repeat 1x
Complete 1 set

Hold 5-10 seconds
2 times per hour