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CARPAL TUNNEL EXERCISES, STRETCHES, AND TIPS

1. Improve the alignment of your computer workstation or desk to relieve wrist strain and pressure from incorrect angle and elevation. Try switching the hand with which you use the computer mouse.
2. Use the proper pillow for sleeping; watch our video “*Kanata Chiropractor Helps you Select the Right Pillow*” on our You Tube channel, “*Kanata Chiropractor*”. Avoid sleeping in any position that results in your chin pointing down to your chest. Don’t sleep with your arm tucked underneath your pillow, as this position can compromise nerve and blood flow.
3. Use a carpal tunnel wrist brace for sleeping.
4. Do your home spinal rehab and posture correction exercises as prescribed by your Chiropractor.
5. Use ice as needed on your wrists. Wrap an ice pack in a thin cloth and place on the affected area for 15-20 minutes, once an hour as needed.
6. Massage your forearms. Gently massage the inner forearm in a direction perpendicular to the length of the muscles. (‘cross-friction massage’)



7. Stretch your chest muscles. Stand in a doorway and place your arm at a 90° angle to your body, with your inner arm pressed flat against the doorframe. Turn your body 45° away from that arm, until you feel a gentle stretch of your chest muscle on that side. Hold for 15-30 seconds; repeat on opposite side.



8. Try this 'posture relief position' at regular intervals during the work day, or anytime you are feeling discomfort in your neck, back, chest, or arms. Sit at the edge of your chair and place your feet and knees wider than your hips, rotated slightly outward. Tuck your chin back slightly, raise your chest up and relax your back. Relax your shoulders and rotate your arms and hands so that your thumbs point backwards. Hold for 10-30 seconds while breathing deeply and slowly. Repeat at least 3 times.



9. Wrist Stretches:

- a) Wrist flexors - Sit with your arm straight out in front of you, with your fingers pointed up to the ceiling. Grasp your fingers with the opposite hand and gently bend your wrist back. Stop immediately if this stretch aggravates your pain.
- b) Wrist extensors – Sit with your arm straight out in front of you, with your fingers pointed down to the floor. Grasp your palm with your opposite hand and gently bend your wrist down as far as is comfortable. Stop immediately if this stretch aggravates your pain.



Picture (a)

Picture (b)

*If your symptoms are worsening, please consult with your Chiropractor. Discontinue any exercise or stretch immediately if there is an increase in pain or other symptoms.

