



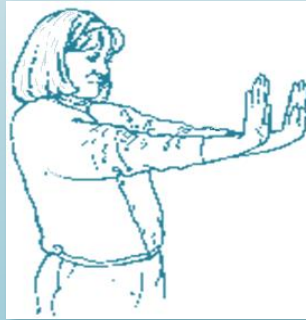
# Preventing Carpal Tunnel Syndrome

## Daily exercises

Carpal tunnel syndrome (CTS) is a painful progressive condition caused by compression of nerves in the wrist. It occurs when the median nerve, which runs from the forearm into the hand, becomes pressed or squeezed at the wrist.

Symptoms usually start gradually, with pain, weakness, or numbness in the hand and wrist, radiating up the arm. As symptoms worsen, people might feel tingling during the day, and decreased grip strength may make it difficult to form a fist, grasp small objects, or perform other manual tasks. In some cases no direct cause of CTS can be identified. Most likely the disorder is due to a congenital predisposition - the carpal tunnel is simply smaller in some people than in others. However, the risk of developing CTS is more common in those performing assembly line work or computer work.

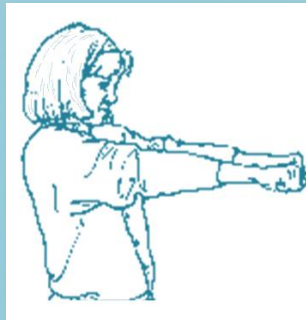
These exercises are intended to help prevent CTS. A quick five minute exercise warm-up before starting your work day can help prevent work-related injuries.



1. Extend and stretch both wrists and fingers, like doing a hand stand. Hold for a count of 5.



2. Straighten both wrists and relax fingers.



3. Make a tight fist with both hands.



4. Then bend both wrists down while keeping the fist. Hold for a count of 5.



5. Straighten both wrists and relax fingers, for a count of 5.



6. Repeat all 10 times. Then let arms hang loosely at side and shake them for a few seconds.

*\*This information is not intended as a substitute for medical professional help or advice but is to be used only as an aid to help reduce the risk of Carpal Tunnel Syndrome. A physician should always be consulted for any health problem.*

Sources: Office of Research Services, Division of Safety, National Institutes of Health; and the University of Oklahoma Orthopedic & Reconstructive Research Foundation

