Median Nerve Exercises

These hand exercises may be used for hand problems that involve the median nerve such as carpal tunnel.

- Do these exercises slowly and smoothly in the order listed. Move to the next exercise position only when you feel no pulling, pain or numbness.
- Do these exercises on your hand as noted:
  - Left
  - Right
  - Both
- Repeat each exercise ____ times.
- Hold each position for 5 to 10 seconds.
- Do these exercises _____ times each day.

Exercises

Sit up straight in a firm chair. Hold your head up straight with your arms at your side. Bend you elbow at a right angle or 90 degrees.

1. Make a full fist with all your fingers.
2. Hold your wrist straight and straighten your fingers so your thumb is to the side of your index finger.

3. Bend your wrist back and stretch your fingers with your thumb out to the side.

4. Turn your hand so your palm is facing you and continue to bend your wrist back and stretch your fingers with your thumb out to the side.

5. Continue as in exercise 4 but extend your wrist back a bit further.

6. Continue as in exercise 5 while pushing your thumb out gently with your other thumb.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.