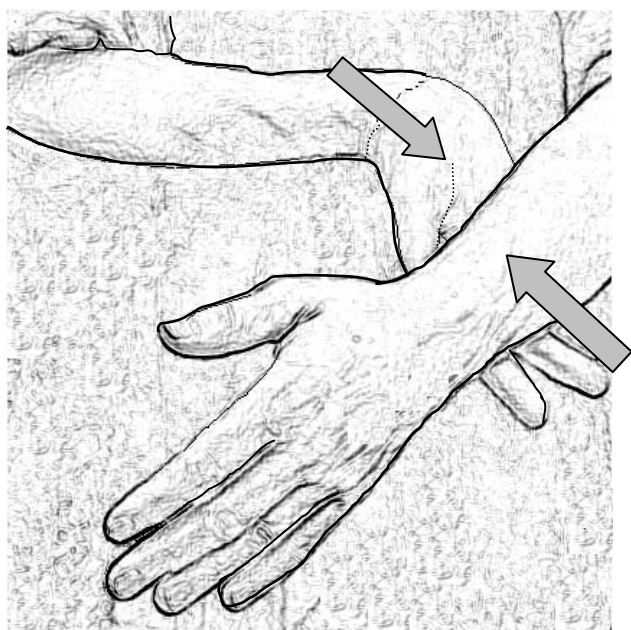
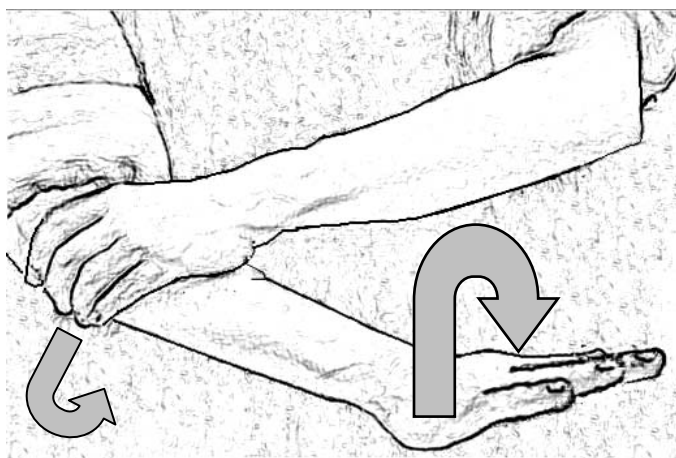


CARPAL TUNNEL SELF MOBILIZATIONS



PERFORM EACH MOBILIZATION ONCE OR TWICE EVERY 2 HOURS, OR WHENEVER YOUR WRIST FEELS TIGHT.

1. Grasp outer edge of your right forearm (distal radius) with fingers from your left hand. Turn your right wrist away in the direction of your little finger (supination) while resisting with your left hand.

2. Grasp your right pronated upper forearm with your left hand. Open your right hand. Use your left hand to twist your forearm muscle outward, while turning your right hand over toward the thumb direction (pronation).

3. Open your right hand with your arm in supination. Extend your wrist down all the way. Push with your left forearm against your right hand.

HOLD EACH POSITION FOR A COUNT OF 10 THEN RELEASE SLOWLY

*(Written for stretching the right wrist
– reverse right/left instructions to stretch the left wrist)*