

## Carpal Tunnel Syndrome Exercises

### Exercises: 3

#### 1) Palm-Up Isolated

**Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week**

**3-sets: Palm-Up Elbow Moving\* or Palm-Up Isolated**

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

**Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week**

**4 sets: Palm-Up Elbow Moving\* or Palm-Up Isolated**

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

**Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week**

**6 sets: Palm-Up Elbow Moving\* or Palm-Up Isolated**

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

**Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week**

**8 sets: Palm-Up Elbow Moving\* or Palm-Up Isolated**

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

**Progressive Resistance:** Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

