

CARPAL TUNNEL SYNDROME

Preventative Strategies

How can we reduce risk in the workplace?

While every occupation has its own physical requirements and challenges, there are proven strategies that can have a positive impact on the frequency and severity of this condition.

- Job Rotation - While some work-related risk cannot be avoided, allocating the risk across more employees can reduce exposure
- Work Behaviors - Evaluating whether it's the work or the technique often yields helpful insights
- Stretching - Implement a departmental program (see examples below and on the back).

What is it?

The Carpal Tunnel is a space in the wrist in which nine tendons and the median nerve pass from the forearm.

When this nerve is compromised, it can result in numbness, tightness and pain in the hand and fingers.

Move directly through positions 1-6, performing 5 cycles, 3-4 times a day.

Ensure position 6 is a gentle stretch.

Position 1



Make a fist - Wrist in neutral, fingers and thumb in flexion.

Position 2



Wrist in neutral, fingers and thumb extended.

Position 3



Thumb in neutral, wrist and fingers extended.

Position 4



Wrist, fingers and thumb extended.

Position 5



Same as position 4, with forearm in supination (palm-up).

Position 6



Same as position 5, other hand gently stretching the thumb.

Lumbrical Stretch



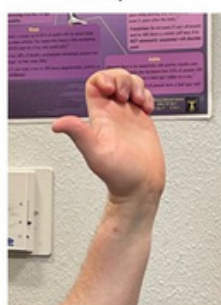
Wrist in neutral, extend your fingers at the first knuckles, while flexing the remaining joints of the fingers. Hold for 5 seconds, repeat 5 times per session. Perform 3-5 sessions per day.

Move directly through steps 1-9.
Perform 4 cycles, 3-4 times per day

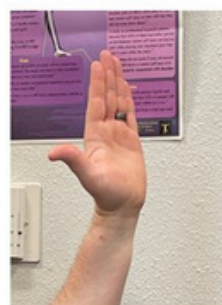
Step 1



Step 2



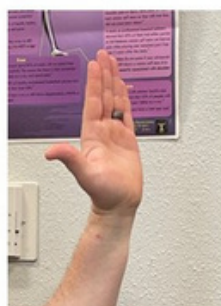
Step 3



Step 4



Step 5



Step 6



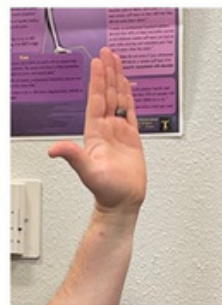
Step 7



Step 8



Step 9



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