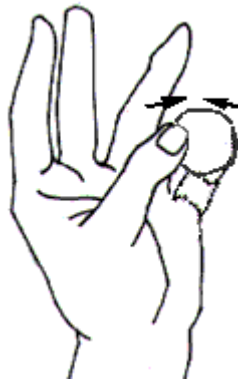


Carpal Tunnel Syndrome Program



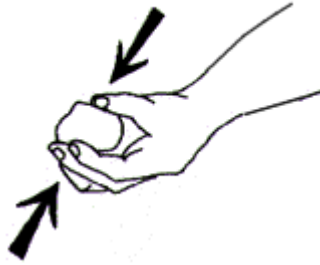
REPEATEDLY SQUEEZE THE PUTTY. MAKE SURE YOU USE ALL OF YOUR FINGERS.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



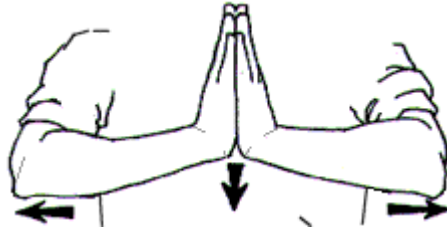
HOLD THE PUTTY BETWEEN YOUR THUMB AND PINKEY AND SQUEEZE THE PUTTY AS ILLUSTRATED.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



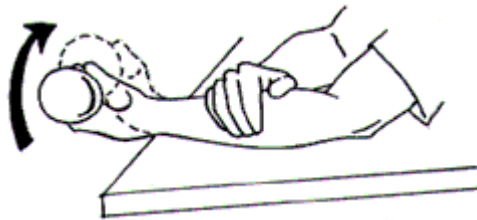
USING YOUR THUMB INDEX AND MIDDLE FINGERS PINCH THE PUTTY AS ILLUSTRATED.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



PLACE BOTH HANDS TOGETHER AS ILLUSTRATED. KEEPING THE PALMS TOGETHER LOWER THE HANDS DOWNWARD TO STRETCH THE WRIST AND FOREARMS.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



SUPPORT YOUR FOREARM ON YOUR THIGH OR A TABLE. PLACE YOUR PALM UP AND GENTLY BEND THE WRIST UP WHILE HOLDING A HAND WEIGHT. NOTE THAT THE FOREARM DOES NOT MOVE-ONLY YOUR WRIST AND HAND.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	2-3lbs.1-2kgs
Sessions:	2 /day		