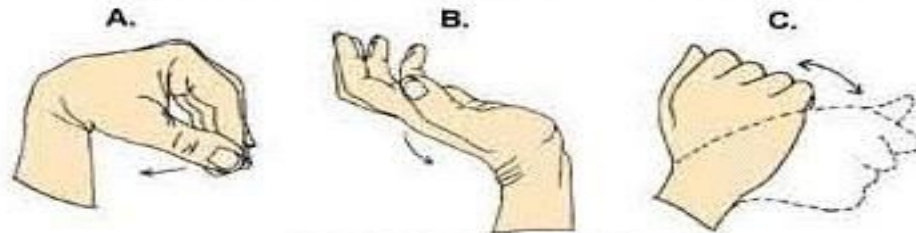
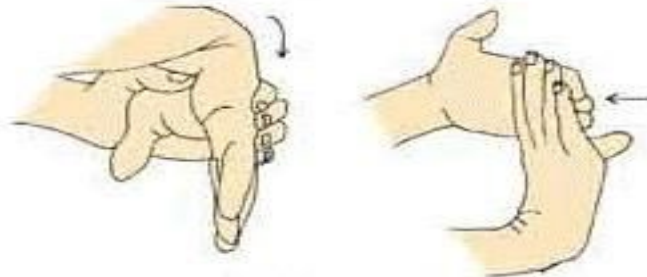


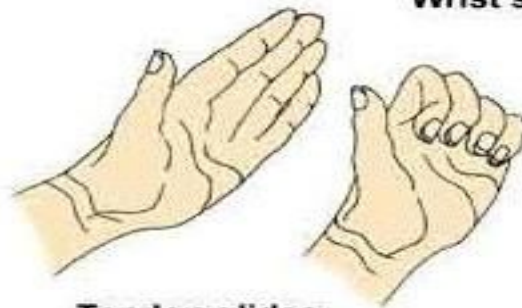
Carpal Tunnel Syndrome Exercises



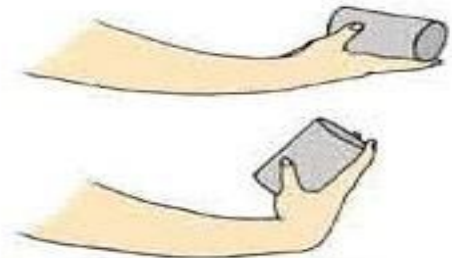
Active range of motion



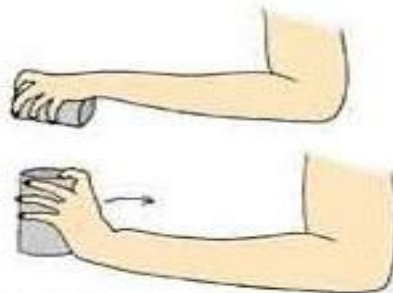
Wrist stretch



Tendon glides



Wrist flexion exercise



Wrist extension exercise



Grip strengthening