



Let it Heal

2400 Brant Street, Burlington ON L7P 4N3

Carpal Tunnel Exercises

These exercises are to follow the elbow/wrist exercises.

1 Pull Fingers



With a straight wrist, pull the three middle fingers for 3-5 seconds.

2 Push Fingers



Now push your three middle fingers backwards, stretching the underside of your wrist.

#3 Flick the water off



This is the same position as the "Hammer Drop", again using gravity as the arm drops. The difference is that you will open your fist, extending your fingers as your arm drops. Pretend that your hands are wet and you are flicking off the water.

Advanced Bowen Therapy



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