

Cathy's Coaching

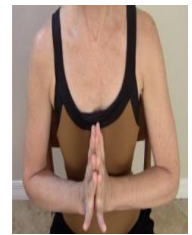
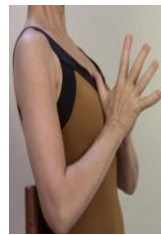
Managing Your Carpal Tunnel Syndrome

~Perform each exercise twice. ~
~Rest 20 seconds between exercises.~

~Hold each position for 3 breath cycles. ~
~You want to feel stretch but no pain.~



Palm Presses: Sitting in a chair, press your palms into the seat. Move your shoulders back & down.



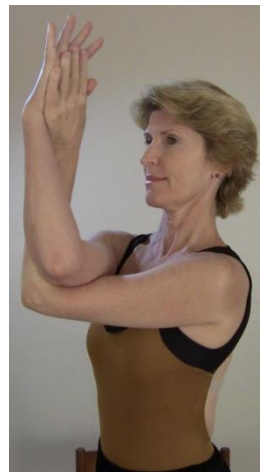
3 Part Prayer: Pressing palms & fingers together in a praying position, keep your fingers together & move them away from your thumb. Release & repeat by pressing palms together with fingers spreading as wide as possible. Release & repeat by pulling back on each finger: thumb, then index...



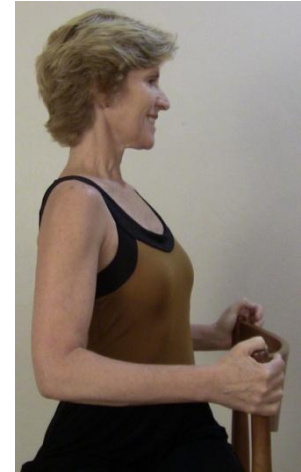
Touchdown: Stretch arms forward & up. Keep the palms open, lock the elbows & lift the sides of the body.



Interlocked Fingers: Clasp the fingers together w/ right thumb over left. Turn palms out & move arms forward & up. Lock elbows & lift trunk up while pulling arms further back. Lower arms. Repeat w/ left thumb over right.



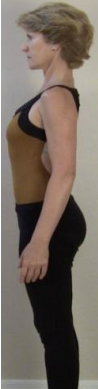
Eagle: Bend elbows, crossing left arm under right in front of chest. Stand & raise elbows to shoulder height. Release arms & stand straight. Sit down & repeat.



Chair Twist: Sit sideways in chair with right thigh & hip touching back of chair. Stretch the torso up & the shoulders down. Keep knees & feet together. Twist the torso while the left hand pulls and the right hand pushes the back of the chair. Repeat on the other side.

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Mountain Pose:

Toes pointing forward w/ feet touching. Pull up on your knee caps, bring your belly button towards your spine. Move your shoulders back & down. Lift the chest. Lengthen the back of your neck.



90 Degree Bend:

Stand with feet hip width apart, hands on hips. Bend forward till back is parallel with floor. Lengthen arms so hands touch back of chair.



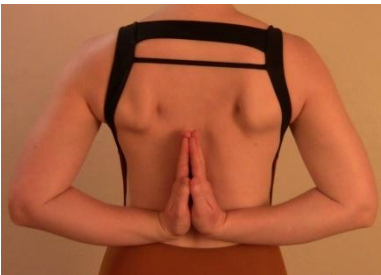
Pencil:

Stretch arms up to shoulder level w/ palms down. At shoulder height, turn palms up to ceiling and extend them overhead. Touch palms together & stretch through the torso & armpits. Squeeze arms toward head while locking elbows & moving the arms up & behind the ears.



Downward Facing Dog:

Begin the same way as 90 Degree Bend except place palms on seat. Step feet back & lift your tail bone towards the sky while lengthening your armpits & spine.



Reverse prayer:

Standing in Mountain Pose, join palms behind the back, fingertips pointing down. Turn hands towards the trunk & then up. Raise them as high as possible between the shoulder blades. Join heels of the hands & press little fingers into your back. Turn upper arms outward while moving your shoulders back & down.



Relaxation:

Close your eyes. Breathe deeply.

To begin receiving more helpful strategies on caring for your hands, visit www.CathysCoaching.com.