"Carpal tunnel syndrome has plagued workers for more than 100 years … it is now recognized to affect nearly two million workers and cost American businesses an estimated $20 billion a year. At the annual meeting of the American Academy of Orthopaedic Surgeons in Atlanta, Dr. Housshang Seradge suggested that a five-minute series of simple exercises be done at the start of each work shift and after each break."

— The New York Times

Dr. Seradge has stated, "In the long run, daily exercises, combined with job modification will save employers money they would have had to spend on carpal tunnel syndrome surgery for workers."

— Milwaukee Sentinel

"Even surgeons now agree that conservative therapy is the best approach, with surgery reserved for the small percentage of patients who do not improve sufficiently without it."

— Houston Chronicle

"The slow and sustained movements of Dr. Seradge’s exercises prepare the carpal tunnel for repetitive actions that are the cause of CTS. The exercises are comparable to the way runners warm up and cool down before and after a race."

— Modern Medicine

Housshang Seradge, M.D. is an orthopaedic and hand surgeon who has conducted several research studies on carpal tunnel syndrome. These studies have been presented internationally including presentations at the American Association for Hand Surgery, International Federation of Societies for Surgery of the Hand, American Society of Surgery of the Hand, and the American Academy of Orthopaedic Surgeons. Among his published works on carpal tunnel syndrome are:


Carpal Tunnel Exercises
Developed by Houshang Seradge, M.D.

Steps 1-6 • Right then Left

1. Stand with arms relaxed at your side.
2. Lift right arm out in front, to shoulder level, palm of hand facing up. Spread fingers and bend wrist until fingers point to the floor.
3. Bring fingers and wrist up, forming a tight fist. Flex wrist toward you.
4. Bend elbow pulling fist toward the shoulder.
5. Rotate arm out towards side, arm still bent and fist held. Turn head toward fist.
6. Straighten elbow and fingers. Bend wrist, pointing fingers toward the floor. Slowly turn head toward opposite shoulder.

(Repeat 1-6 with left arm.)

Steps 7-13 • Both Arms

7. Bring both arms up, to shoulder level, and push back of wrists together, fingers pointing down toward the floor. Pull shoulders back.
8. Bring hands up into a prayer position and push palms and shoulders inward.
10. Bring hands back behind your head, pulling shoulders back.
11. Stretch both arms out to the side, to shoulder level, bending wrists down and fingers in a fist.
12. Straighten fingers, bring arms down by your side and then back behind you. Rest bent up. Stretch chin up.
13. Relax arms by your side and shake out your hands.

These exercises do not replace professional medical care. If you experience pain with these exercises, please consult with a physician.

Do the complete series of exercises (Steps 1-13) once before and once after your work day. Do Steps 1-6 during breaks throughout the day. Move from one step to the next in a slow, continuous flow, holding each step for a count of ten.