

Reliant Medical Group

Rehabilitation Services

DO'S AND DON'TS OF CARPAL TUNNEL

DO

1. Periodic rest breaks (10 min./hour).
2. Exercise and stretch before beginning work, to alleviate discomfort in hands.
3. Make appropriate adjustments with work station design:
 - A. Typists should keep wrists straight and in relaxed position.
 - B. Keep elbows at side of body or supported by armrests.
 - C. Keep shoulders relaxed and level.
 - D. When typing, keep keyboard slightly higher than elbows, and move one finger at a time.
4. Wear resting splint to keep wrist in functional position.

DON'T

1. Overuse wrists or hands all at once.
2. Work tight muscles or sore ones.
3.
 - A. Bend wrists in for long periods of time or hold sustained positions for too long.
 - B. Keep elbows far away from sides or body.
 - C. Tense up shoulders or hold them in awkward positions. (avoid rounded shoulders)
 - D. Keep keyboard too low especially below elbows.
4. Sleep without keeping wrists in relaxed position or wearing splint.