4 Weeks Carpal Tunnel Syndrome Relief Plan

Exercises	Week 1						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wrist Extension Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3
Medial Nerve Glides	5	5	5	5	5	5	5
Tennis Ball Squeezes	5 Sec x 5	5 Sec x 5	5 Sec x 5	5 Sec x 5	5 Sec x 5	5 Sec x 5	5 Sec x 5
Chin Tuck	2 Sec x 10	2 Sec x 10	2 Sec x 10	2 Sec x 10	2 Sec x 10	2 Sec x 10	2 Sec x 10
Scapular Retraction	10	10	10	10	10	10	10
Chest Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3

Exercises	Week 2						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wrist Extension Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3
Medial Nerve Glides	10	10	10	10	10	10	10
Tennis Ball Squeezes	5 Sec x 10	5 Sec x 10	5 Sec x 10	5 Sec x 10	5 Sec x 10	5 Sec x 10	5 Sec x 10
Chin Tuck	2 Sec x 15	2 Sec x 15	2 Sec x 15	2 Sec x 15	2 Sec x 15	2 Sec x 15	2 Sec x 15
Scapular Retraction	15	15	15	15	15	15	15
Chest Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3

2 Sets can be broken up and done 10 at a time during day.

Exercises	Week 3						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wrist Extension Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3
Medial Nerve Glides	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets
Tennis Ball Squeezes	5 Sec x 10 x 2 Sets	5 Sec x 10 x 2 Sets	5 Sec x 10 x 2 Sets	5 Sec x 10 x 2 Sets	5 Sec x 10 x 2 Sets	5 Sec x 10 x 2 Sets	5 Sec x 10 x 2 Sets
Chin Tuck	2 Sec x 10 x 2 Sets	2 Sec x 10 x 2 Sets	2 Sec x 10 x 2 Sets	2 Sec x 10 x 2 Sets	2 Sec x 10 x 2 Sets	2 Sec x 10 x 2 Sets	2 Sec x 10 x 2 Sets
Scapular Retraction	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets	10 x 2 Sets
Chest Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3

3 Sets can be broken up and done 10 at a time during day.

Exercises	Week 4						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wrist Extension Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3
Medial Nerve Glides	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets
Tennis Ball Squeezes	5 Sec x 10 x 3 Sets	5 Sec x 10 x 3 Sets	5 Sec x 10 x 3 Sets	5 Sec x 10 x 3 Sets	5 Sec x 10 x 3 Sets	5 Sec x 10 x 3 Sets	5 Sec x 10 x 3 Sets
Chin Tuck	2 Sec x 10 x 3 Sets	2 Sec x 10 x 3 Sets	2 Sec x 10 x 3 Sets	2 Sec x 10 x 3 Sets	2 Sec x 10 x 3 Sets	2 Sec x 10 x 3 Sets	2 Sec x 10 x 3 Sets
Scapular Retraction	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets	10 x 3 Sets
Chest Stretch	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3	30 Sec x 3