

EASING THE PAIN OF CARPAL TUNNEL SYNDROME THROUGH EXERCISE

INTRODUCTION:

It is important to be proactive in managing the health of the hands, wrists, and arms. Repetitive movements, poor posture, and other factors can lead to the development of carpal tunnel syndrome, a condition characterized by numbness, tingling, and pain in the hand and wrist.

This workshop aims to provide a comprehensive overview of exercises that can help to alleviate the symptoms of carpal tunnel syndrome and improve overall hand and wrist health.

By incorporating these exercises into our daily routines, we can take proactive steps towards maintaining comfort and mobility in our hands and wrists.

Content Outline:

- Understanding the Anatomy of the Hand & Wrist
- Identifying the Causes and Symptoms of Carpal Tunnel Syndrome
- Stretching Exercises for the Hand & Wrist
- Strengthening Exercises for the Hand & Wrist
- Tips for Incorporating Exercise into Your Workday

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

Conclusion:

By the end of this session, participants will have gained a greater understanding of the causes and symptoms of carpal tunnel syndrome and how targeted exercise can help to alleviate discomfort and improve overall hand and wrist health.

Through participation in a variety of stretching and strengthening exercises, participants will have had the opportunity to learn how to take proactive steps towards maintaining mobility and reducing the risk of developing carpal tunnel syndrome.

It is expected that by consistently incorporating these exercises into their daily routines, participants will be able to improve flexibility, reduce muscle tension, and increase strength and function in the hand and wrist.

