

Radial Tunnel Syndrome

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Wrist Flexion Exercise



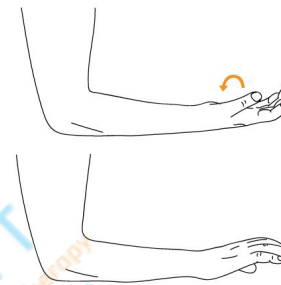
- In sitting or standing position, keep your arm straight with palm facing downward.
- Bend your wrist downwards, hold for 2 to 3 seconds and release
- Repeat 10 times twice a day.

Wrist Extension Exercise

- You can perform these exercises in sitting or in a standing position.
- Keep your arm straight with palm facing up.
- Bend your wrist downwards, hold for 2 to 3 seconds and release
- Repeat 10 times twice a day.



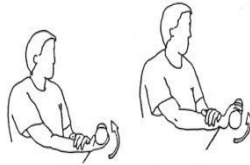
Wrist Supination Exercise



- In a sitting or a standing position, keep your elbow bent at the side of your body with palm facing the ceiling as shown on the bottom of the figure below.
- With your opposite hand, bring the forearm into the palm up position as shown on the first part of the picture below.
- You can perform the exercises actively without the use of opposite hand if you have no pain.

Wrist Strengthening Exercise

- In a sitting position, perform a wrist flexion exercises as described in slide # 2 with dumbbells, or other external weight.
- Perform wrist extension exercise as described in slide # 3 with external weight.



Radial Nerve Stretch

- In a standing position, reach back, with your palm up.
- Bend your head to the opposite side of the arm. (so if you are stretching right side radial nerve, bend your head to the left).
- Hold it for 10 to 15 seconds and release.
- Repeat 3 times.



Wrist Flexion Stretch

- In sitting or standing position, keep your arm straight with palm facing downward.
- Bend your wrist downwards.
- Apply gentle pressure with the other hand and holding it for 15 seconds Repeat it 3 times.



Wrist Extension Stretch

- Keep your arm straight with palm facing up.
- Bend your wrist downwards
- Apply gentle pressure with the other hand and holding it for 15 seconds Repeat it 3 times.

