



Carpal Tunnel Relief Exercises

Length: 1hr.

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: This one hour interactive presentation shares exercises and stretches that can be applied to hands/wrists/arms, for the purposes of preventing/providing relief from Carpal Tunnel Syndrome.

The British Chartered Society of Physiotherapy defines Carpal Tunnel Syndrome as 'a condition in which the median nerve is squeezed where it passes through the wrist ... a condition that occurs 'because the tendons in the wrist have become swollen and they press on the nerve.' This occurs from repetitive movements made over prolonged periods.

This session shares:

- A set of wrist, finger and arm stretches/exercises to help provide relief from Carpal Tunnel Syndrome; also useful for preventive measures.
- Workplace ergonomic tips and lifestyle habits to prevent Carpal Tunnel Syndrome

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.