



## Quick Recap

Median nerve compression at the wrist causes hand tingling, weakness, and night pain. Nursing and therapy focus on protective splinting, nerve glides, and ergonomic retraining so daily tasks feel comfortable again.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

# Carpal Tunnel Syndrome Recovery

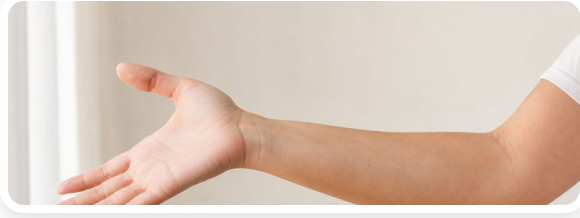
Hand & Wrist Nerve Care Continuum



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



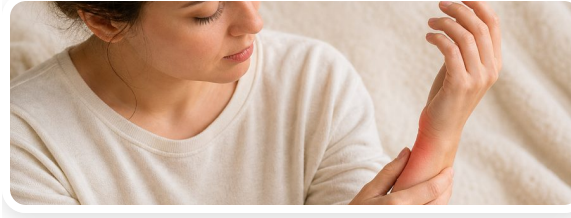
### ● Tips at Home

Practical day-to-day tips to ease wrist pressure and restore hand comfort at home.

Build a calm daily routine — wear your splint, glide gently, and rest your hands at steady times. Note any changes and share them with your healthcare providers.

- Wear a neutral-wrist splint at night and during repetitive tasks.
- Nerve glides: 5 reps, 3-4 times daily, never forcing pain.
- Theraputty squeezes and light grip work once symptoms ease.
- Keep wrists straight when sleeping; avoid curling under the body.
- Home nursing for assessments, wound care, medications, and doctor coordination.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

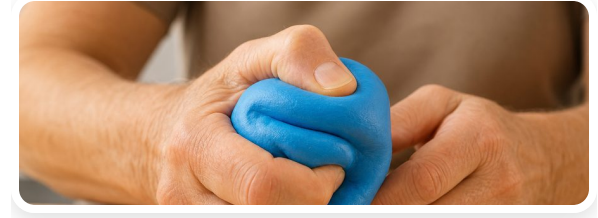
- Track numbness, tingling, or burning in the thumb, index, middle, and half of the ring finger.
- Note night-time awakening with hand pain and any clumsiness or dropping of objects.

### Good to know

- Carpal tunnel is the narrow passage at the base of the palm; swelling pinches the median nerve.
- Early splinting and ergonomic changes often prevent surgery; advanced cases may need release

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Workstation setup: wrists straight, elbows at 90°, screen at eye level, forearms supported.
- Body mechanics: lift with a neutral wrist and use a power grip rather than pinch grip when possible.
- Daily stretches: prayer stretch, reverse prayer, and wrist circles before and after long tasks.