

Wrist & median nerve / carpal tunnel - education & notes

Clinical-source reading and an observation workbook for elbow, wrist & hand.

01 / Recognize the pattern

Hand or finger tingling, numbness, a weak thumb or reduced grip; symptoms are often worse at night. Median nerve in the wrist tunnel. Finger patterns can overlap other nerve problems.

02 / Understand the limits

A clinician can assess the wrist and consider other causes. Symptoms alone do not confirm carpal tunnel syndrome.

03 / Movement and rehabilitation

Simple hand exercises may help some people, but evidence is limited. Follow the Chartered Society of Physiotherapy exercises linked from the NHS page, without forcing symptoms.

04 / Review and warning signs

Do not assume repeated nerve stretches can reverse compression. Persistent loss of grip or sensation needs review. Arrange assessment if symptoms worsen, persist or do not respond to home measures.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://www.nhs.uk/conditions/carpal-tunnel-syndrome/>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.