

# Effective Ways To Manage CARPAL TUNNEL SYNDROME DURING PREGNANCY



Avoid wrist positions or activities that worsen symptoms.



Keep the affected hand raised on an armrest while sitting.



Avoid sleeping on the side of your affected hand.



Keep a straight wrist position whenever possible.



Avoid extreme flexion or extension of the wrist.



Apply ice to the wrist for 20–30 minutes every 2–3 hours.



Run cold water over the wrist.



Wear a compression bandage.

