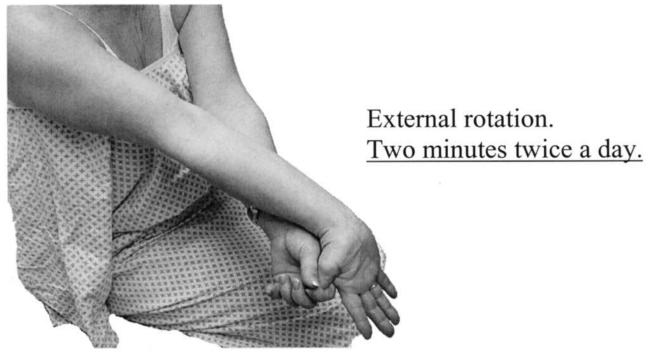
Carpal Tunnel stretching exercises.



Hyperflexion.

Two minutes twice a day.



