

**THE EFFECT OF NERVE AND TENDON GLIDING EXERCISE ON  
FUNCTIONAL HAND-WRIST IMPROVEMENT IN TAILORS WITH  
CARPAL TUNNEL SYNDROME RISK**

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**ABSTRACT**

**Background:** CTS is closely related to work, especially work that requires manual labor, repetitive hand movements, vibration transmitted by the hand, and wrist bending/twisting movements. The prevalence of CTS cases in garment workers in Denpasar City reached up to 79.2% with 100% tailoring work. Physiotherapy can help treat CTS with various modalities such as nerve and tendon gliding exercise. Nerve and tendon gliding exercise is a mechanical intervention that can stimulate soft tissue healing and improve vascularization of the median nerve in the carpal tunnel. **Objective:** To determine the effect of nerve and tendon gliding exercise on hand-wrist functional improvement in cases of CTS risk. **Methods:** This study uses quantitative methods with quasi-experimental type using one group pre-test and post-test design. The sample was 26 respondents with purposive sampling technique. Functional measurement of the hand with the Boston Carpal Tunnel Questionnaire (BCTQ) part of the functional status score (FSS). The nerve and tendon gliding exercise intervention was performed 3 times a week for 3 weeks. **Results:** The Wilcoxon test showed a significance value of 0.001 ( $p > 0.05$ ). **Conclusion:** There is an effect of nerve and tendon gliding exercise on hand-wrist functional improvement in tailor with CTS risk.

**Keyword:** CTS, functional hand, nerve and tendon gliding