



1. Median nerve glide - neck SF, GHjt abd, wrist flex/ext

Stand up straight with your affected arm held out to the side at shoulder level. With your inner forearm facing the ceiling, extend your wrist backwards so that your palm faces away. Keeping your gaze directly ahead, tilt your head towards this arm. Bend your elbow and straighten your wrist back to the neutral position, while simultaneously tilting your head away from this arm in the opposite direction. Continue this sequence in one fluid movement.

1 rep, 1 set



2. Median nerve glide against wall

Stand up straight sideways to a wall with your affected side closest. Lift your affected arm out to the side, turn your palm to face the ceiling, and rest your fingers against the wall. If this is comfortable, step away from the wall little by little, slowly straightening your elbow, until you begin to feel a slight stretch. Release the stretch by bending your elbow. Continue this in a fluid movement.

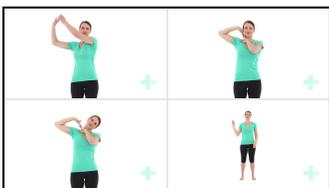
1 rep, 1 set, 1 s hold



3. Radial nerve glide

Stand with your affected hand by your side. Make a fist and bend your wrist. Maintaining this position, rotate your arm inwards towards your thumb. Start to move your arm out to the side, keeping your wrist and fingers flexed and your arm rotated inwards, until you feel the tension. Do not push any further. At this point, tilt your head away from this side, whilst rotating your arm back outwards. As you lift your head back to the centre position, rotate your arm inwards again. Perform this action in one fluid movement.

1 rep, 1 set, 10 sec duration



4. Ulnar nerve glide - end of range with neck SF

Sit or stand up straight and lift your affected arm out to the side. Bend your elbow and rotate your forearm and hand so that your palm faces away from you. With your other hand, stretch your wrist backwards and bring your palm in towards the side of your head. Your forearm should face the ceiling, and your fingers should be pointing down towards the floor. At the same time, keep your gaze forward ahead and tilt your head away from this arm. Ensure you do not over stretch. Bring your head back to the neutral position before gently repeating the movement.

1 rep, 1 set