



## **MEDIAN NERVE GLIDING EXERCISES**

**What are glides?** Nerve gliding exercises encourage the nerves to glide normally as you move your joints. A nerve may not glide well if it is injured or inflamed, as it can get entrapped in the surrounding soft tissue. Therefore, nerve gliding exercises are often used post-surgery or as part of a rehabilitation program from an injury.

**How do I know it is my median nerve?** Symptoms of median nerve compression can include paresthesia and/or numbness in the thumb, index, middle finger, and the radial side of the ring finger. Patients may describe aching and weakness in the thumb region.

**How do I do them and what do I need to be aware of?** The series of 6 pictures below are the median nerve glide sequence. Progress slowly from position 1 through to position 6. The ending position should be held for a count of 15 seconds and the sequence repeated 3 times. \*\*If you feel any numbness or tingling in the ending position or within 30 min of performing the exercises, perform to the previous position and hold that position to the count of 15 seconds. In time, your nerve will lengthen and glide more efficiently and you should be able to reach the final position.

\*Stretch only until you feel a gentle tension. Avoid pain.



Position 1

Wrist straight with fingers and thumb flexed



Position 2

Wrist straight, fingers and thumb extended or straight



Position 3

Thumb neutral, fingers and wrist extended



Position 4

Wrist, fingers, and thumb Extended



Position 5

Same position in #4, except forearm supinated (palm-up)



Position 6

Same as position #5, except gently stretch Thumb with other hand