



## **RADIAL 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 radial nerve?** This nerve runs down the thumb side of the forearm. Pressure on the radial nerve can result in a tingling feeling down the back side of the forearm, wrist and back of thumb.

**How do I do them and what do I need to be aware of?** The series of 5 pictures below are the radial nerve glide sequence. Progress slowly from position 1 through to position 5. 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 position where you don't feel numbness 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



Stand with body relaxed

Position 2



Add shoulder depression

Position 3



Internally rotate and flex wrist

Position 4



Add lateral cervical flexion

Position 5



Flex wrist as shoulder is extended