



BRACHIAL PLEXUS NERVE GLIDING EXERCISES

What are nerve 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.

What is my brachial plexus? The brachial plexus is a complicated network of nerves that originates from the nerve roots in the cervical spine (region of the lower neck). This plexus of nerves innervate the arm, shoulder, upper back and hand. There are three main nerves that branch out which are susceptible to trauma and compression, all of which travel through muscles, bones and soft tissue.

How do I perform them and what do I need to be aware of? The series of 7 pictures below are the radial nerve glide sequence. Progress slowly from position 1 through to position 7. 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:



Laterally flex (side-bend) your head to the affected side and flex the fingers, wrist and elbow as shown.

Position 2:



Bring head to neutral (straight)

Position 3:



Move hand across chest down to hip level

Position 4-7:



Gradually abduct arm for the next 3 positions ending at position 7 with lateral cervical flexion to the opposite side.