

# Median Nerve Gliding Exercises

Perform these exercises **IN THE EXACT ORDER** that is shown on this page

Perform these exercises \_\_\_\_\_ times, \_\_\_\_\_ times a day.

**POSITION 1**



Make a fist and take your arm out (shoulder height) to the side of your body, bending the elbow at 90°.

**POSITION 2**



Same as position 1 except straighten your fingers up towards the ceiling.

**POSITION 3**



Same as position 2 except tilt your hand back at the wrist.

**POSITION 4**



Same as position 3, except bring the thumb towards your head.

**POSITION 5**



From position 4, move your hand towards your little finger so your hand is now pointing away from your body.

**POSITION 6**



From position 5, straighten your arm out in the direction your hand is pointing.

**Please contact your therapist if you have any queries or concerns.**

**Therapist:** \_\_\_\_\_

**Phone:** (07) 3646 7100