

Median Nerve Glide



1. Median Nerve Glide

- Stand with your affected hand out to the side as though you are holding an imaginary tray.
- Slowly begin to extend this arm to the side, keeping your wrist extended, until you reach the point of tension.
- Do not push any further.
- At this point, lift your wrist up, and tilt your head away from this arm, then extend your wrist again as you bring your head back to the central position.
- Continue this action in one fluid movement.
- **Perform 5 reps, 3 sets.**