

# Radial Nerve Glide



## 1. Radial Nerve Glide

- Stand with your affected hand by your side.
- Make a fist and bend your wrist.
- Maintaining this position, rotate your arm inwards towards your thumb.
- Start to move your arm out to the side, keeping your wrist and fingers flexed and your arm rotated inwards, until you feel the tension. Do not push any further.
- At this point, tilt your head away from this side, whilst rotating your arm back outwards.
- As you lift your head back to the centre position, rotate your arm inwards again.
- Perform this action in one fluid movement..
- ***Perform 5 reps, 3 sets.***