

# MEDIAN NERVE GLIDES

Perform **10 repetitions** of the following exercises, **3 times a day**

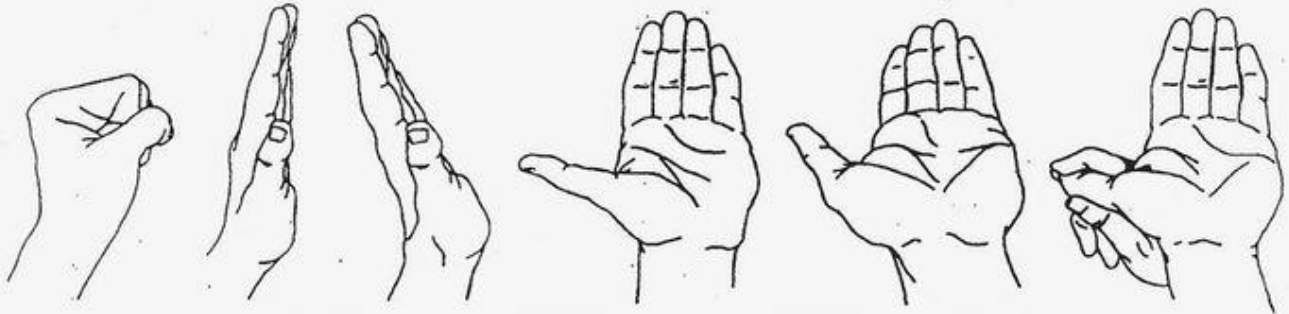
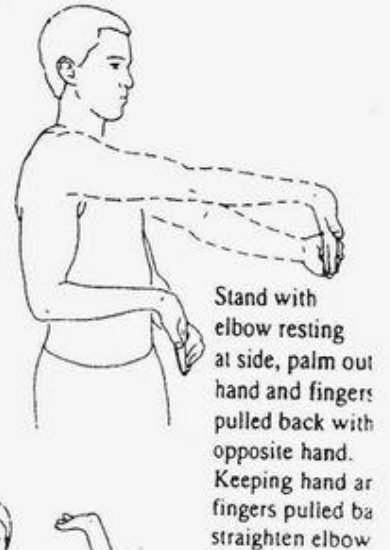
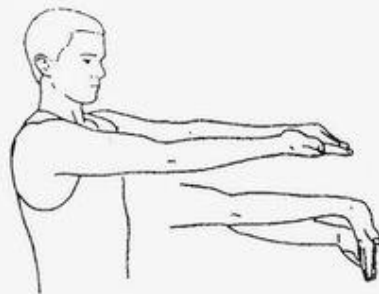
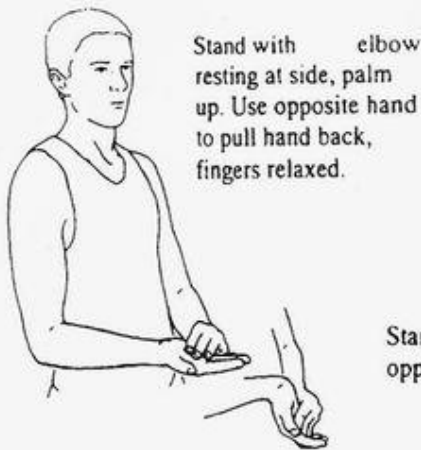


Fig. 36-5. The median nerve gliding program: *position 1*, wrist in neutral, fingers and thumb in flexion; *position 2*, wrist in neutral, thumb in neutral, fingers extended; *position 3*, wrist and fingers extended, thumb in neutral; *position 4*, wrist, fingers, and thumb in neutral; *position 5*, forearm in supination; and *position 6*, the opposite hand applies a gentle stretch to the thumb. (Redrawn from Totten PA, Hunter JM: *Hand Clin* 7:505, 1991.)



Stand with elbow resting at side, palm out, index finger and wrist pulled back with opposite hand. Keeping index finger and wrist pulled back, straighten elbow.  
Repeat with each finger.

