

MEDIAN NERVE GLIDES

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

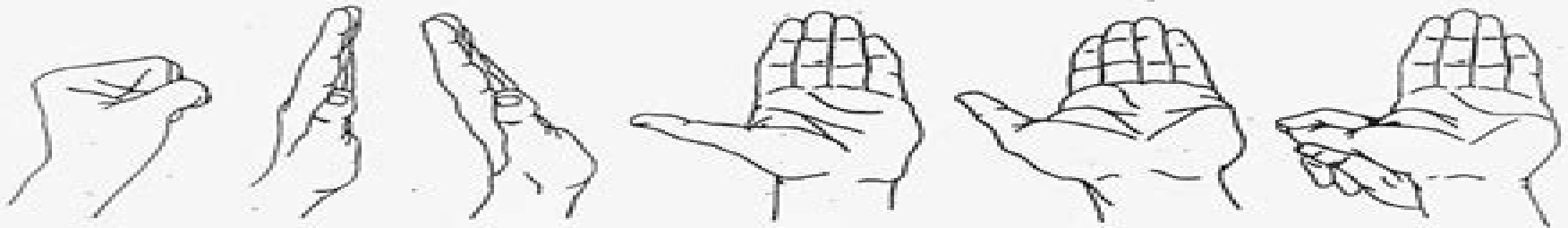
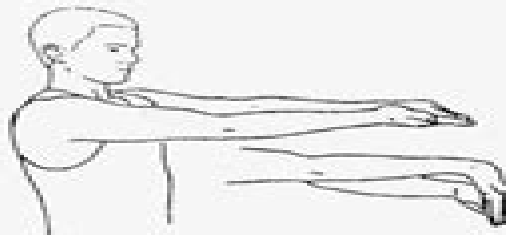


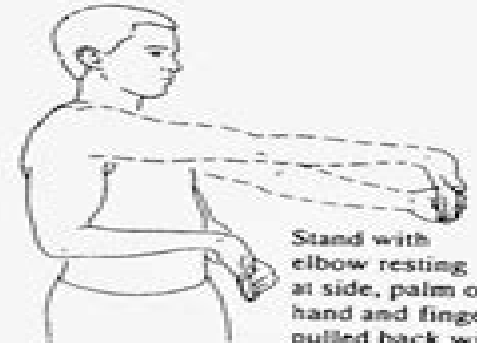
Fig. 34-5. The median nerve gliding program: *position 1*, wrist in neutral, fingers and thumb in flexion; *position 2*, wrist in neutral, thumb in neutral, fingers extended; *position 3*, wrist and fingers extended, thumb in neutral; *position 4*, wrist, fingers, and thumb in neutral; *position 5*, forearm in supination; and *position 6*, the opposite hand applies a gentle stretch to the thumb. (Redrawn from Tooten PA, Hunter JM: *Hand Clin* 7:505, 1991.)



Stand with elbow resting at side, palm up. Use opposite hand to pull hand back, fingers relaxed.

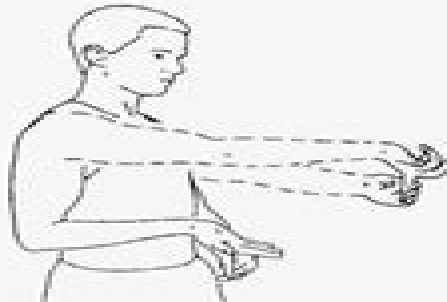


Stand with arm in front of body, palm up. Use opposite hand to pull hand and fingers back.



Stand with elbow resting at side, palm out and hand and fingers pulled back with opposite hand. Keeping hand as fingers pulled to straighten elbow

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.



Elbows at 90° angle and arms at shoulder level, hands and fingers pulled back, palms up. Alternate pressing hands toward ceiling.

Median Nerve Gliding Exercises Nehand

Katja Dremelj



Median Nerve Gliding Exercises Nehand:

The Carpal Tunnel Syndrome Treatment Katja Dremelj, 2014

This book delves into Median Nerve Gliding Exercises Nehand. Median Nerve Gliding Exercises Nehand is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Median Nerve Gliding Exercises Nehand, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Median Nerve Gliding Exercises Nehand
 - Chapter 2: Essential Elements of Median Nerve Gliding Exercises Nehand
 - Chapter 3: Median Nerve Gliding Exercises Nehand in Everyday Life
 - Chapter 4: Median Nerve Gliding Exercises Nehand in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Median Nerve Gliding Exercises Nehand. This chapter will explore what Median Nerve Gliding Exercises Nehand is, why Median Nerve Gliding Exercises Nehand is vital, and how to effectively learn about Median Nerve Gliding Exercises Nehand.
 3. In chapter 2, this book will delve into the foundational concepts of Median Nerve Gliding Exercises Nehand. The second chapter will elucidate the essential principles that must be understood to grasp Median Nerve Gliding Exercises Nehand in its entirety.
 4. In chapter 3, the author will examine the practical applications of Median Nerve Gliding Exercises Nehand in daily life. The third chapter will showcase real-world examples of how Median Nerve Gliding Exercises Nehand can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Median Nerve Gliding Exercises Nehand in specific contexts. This chapter will explore how Median Nerve Gliding Exercises Nehand is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Median Nerve Gliding Exercises Nehand. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Median Nerve Gliding Exercises Nehand.

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