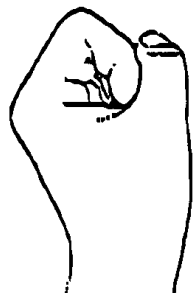


Median Nerve Gliding Home Exercise Program

Exercises to be done _____ times each, _____ times a day. Hold each position for a count of _____.

Position 1 – START

Wrist in neutral, fingers and thumb in flexion.



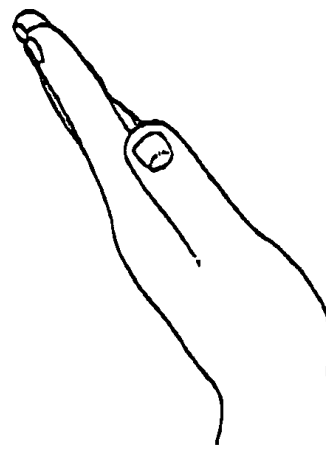
Position 2

Wrist in neutral, fingers and thumb extended.



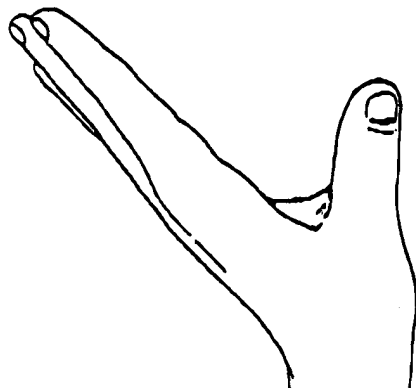
Position 3

Thumb in neutral, wrist and fingers extended.



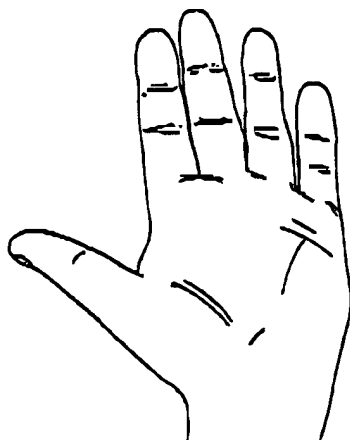
Position 4

Wrist, fingers and thumb extended.



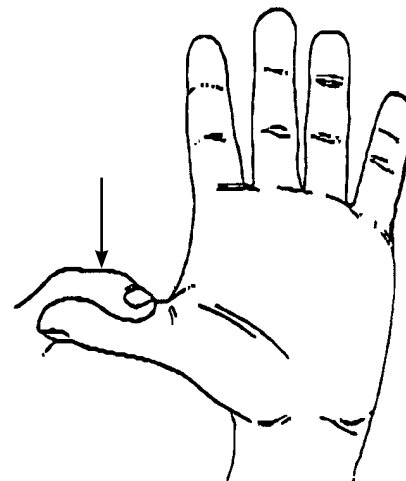
Position 5

Same as position 4, with forearm in supination (palm up).



Position 6

Same as position 5, other hand gently stretching thumb.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.