

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.



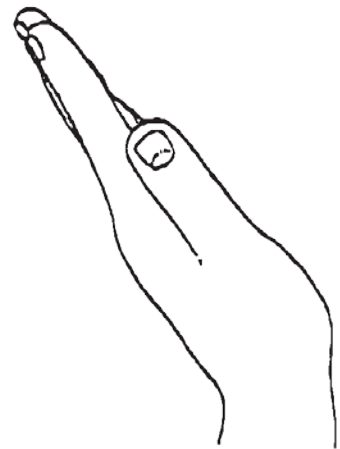
Position 2

Wrist in neutral, fingers and thumb extended.



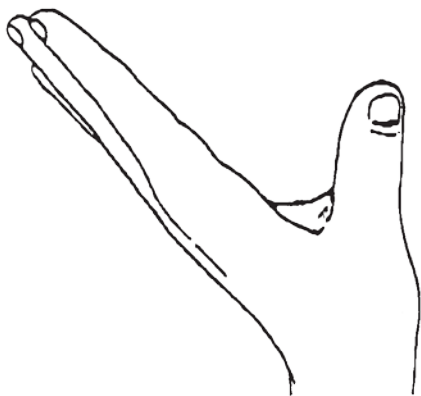
Position 3

Thumb in neutral, wrist and fingers extended.



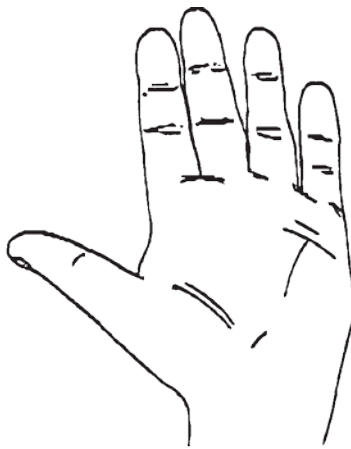
Position 4

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.

