

# Median Nerve Glide Exercises

**These exercises are designed to encourage some gentle movement or glide of the nerve.** They should not be painful, but you may feel some stretching or tension. You may also feel some mild nerve symptoms come and go during the exercises. If you are getting pain or worsening of symptoms, stop the exercises and speak to your clinician.

**You can try these 2 or 3 times a day, and see if they make any difference to your symptoms.** A 'Symptom Diary' can be a really good way of tracking any changes. Just a few lines on what you did, how you feel the day or night went, and a pain score out of 10, will be very helpful.

## Hand & Wrist Glide

The exercise is a continuous action moving slowly through the six positions.

### Position 1

Wrist in neutral / straight, make a fist as shown.



### Position 2

Straighten fingers to open hand, wrist stays straight.



### Position 3

Maintain position 2, bend wrist backwards.



### Position 4

Maintain position 3, open thumb away from hand and spread fingers.



### Position 5

Maintain position 4 while twisting hand around palm to ceiling.



### Position 6

Maintain position 5 and use your other hand to gently stretch thumb downwards.



## Finger Stretch

This finger movement produces some nerve movement through the carpal tunnel. Try it with the elbow straight or bent, and continue with what feels most comfortable for you. Try to really spread the fingers out, and hold for 5 to 10 seconds, then bring the back together, for 5 to 10 repetitions.



## Median Nerve Stretch



This exercise can be done at shoulder height (as in the photo) or you're your arms further down. It is actually useful to do both arms at the same time, as you may be able to feel differences between them. This may guide how much to stretch, and the position you choose. The wrist can be straight or bent back, depending on your comfort. Make sure your shoulders are back and down, and your back is straight. Aim to hold a **gentle** stretch for around 5 to 10 seconds. Repeat a few times initially, and build up to 10.

## Median Nerve Slider

This exercise puts some tension through the nerve, so only try it once you have done the above exercises for a while, and your symptoms are settling. If it feels uncomfortable or painful, stop the exercise.

Start in position 1 and slowly move into position 2, applying a gentle stretch to the neck, wrist and elbow. Keep your shoulder down and relaxed with your other arm. Go back to position 1, and repeat 5 to 10 times, depending on how it feels for you.

