



Median Nerve Gliding Exercises

Do these _____ times per day
Repeat _____ times at each session.

Starting position 1

Wrist in neutral (straight), fingers and thumb flexed.



Position 2

Wrist in neutral, fingers and thumb extended.



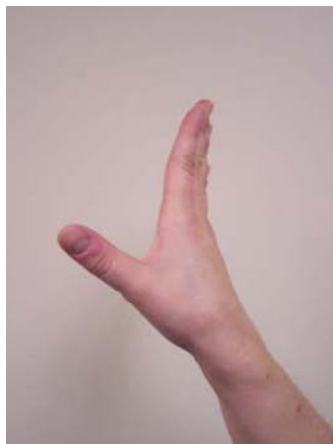
Position 3

Wrist and fingers extended
thumb in neutral (next to fingers).



Position 4

Wrist, fingers and thumb extended.



Position 5

As in position 4, with palm of hand turned toward you .



Position 6

As in position 5, and other and gently stretching thumb.



Please call if you have any questions or problems

Therapist: _____ Date: _____