



MOVEMENTS AND STRETCHES



Nerve Glides- Median, Ulnar, Radial

ULNAR NERVE--Start by touching your thumb and index finger together and shown. Next, twist your hand upside down so that your fingers make contact with your cheek and you can see through the hole that your fingers created.

median nerve floss

MEDIAN NERVE- Raise arm out to side. with neck bent to affected side extend wrist and fingers to the point where you feel some slight tension on the nerve. Simultaneously flex your wrist as you side bend your neck to the other side slowly. Do not over stretch the nerve.

RADIAL NERVE- place back of palm to side of leg, flex wrist (waiter's tip position), and extend shoulder. While doing this tilt head to opposite side.