



Distal Median Nerve Glides

- Do all exercises slowly and in a controlled manner
- Stop the stretch as soon as you feel a pulling sensation
- Exercises should not cause pain or increased numbness/tingling

Hold each stretch for _____ seconds

Repeat _____ times

Do _____ times per day

①



Start with fingers and thumb bent in a light fist

②



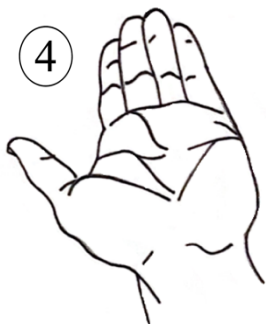
Keep wrist straight (in neutral) and straighten fingers and thumb

③



Keep wrist straight (in neutral) and bring fingers back

④



Bend fingers, thumb and wrist backwards (into extension)

⑤



Keep fingers, thumb, and wrist in extension, and rotate forearm so that your palm is facing up

⑥



Use your opposite hand to gently stretch thumb backwards