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