

NERVE FLOSSING

Perform 3-4x per week
Heat 5-10 Mins
5-10 Min massage entire arm

1



WRIST FLEXOR & EXTENSOR STRETCH

-Flexor Stretch:

Use your unaffected hand to bend the affected wrist up as shown. Keep the elbow straight on the affected side the entire time.

-Extensor Stretch:

Straighten arm at shoulder level in front of you with palm toward floor. With other hand gently pull hand down until stretch is felt on top of arm.

Complete 2 set Hold 15 secs

2



ULNAR NERVE FLOSS - B

Start with your arm up and out to the side with a bend elbow as shown. Your palm should be facing towards the side. Next, bend your wrist towards you as you side bend your head towards the target arm as shown. Then, bend your wrist away from you as you side bend your head away from the target arm.

Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

Complete 1 set Hold 1 sec
Repeat 5 times

3

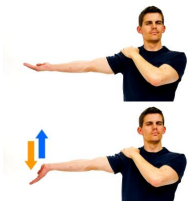


MEDIAN NERVE GLIDE - D

Start with your arm up and out to the side with a straight elbow as shown. Your palm should be facing upwards. Next, bend your wrist upwards as you side bend your head away from the target arm as shown. Then, bend your wrist downward as you side bend your head towards the target arm.

Complete 1 set Hold 1 sec
Repeat 5 times

4



MEDIAN NERVE GLIDE - C

Start with your arm out to the side with your elbows straight and palm facing upward. Next, bend your wrist up and down.

Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

Complete 1 set Hold 1 sec
Repeat 5 times

5



MEDIAN NERVE GLIDE - B

Start with your arm hanging down at your side with your elbows straight and palm facing forward. Next, bend your wrist back as you side bend your head towards the target arm as shown. Next, bend your wrist forward as you side bend your head away from the target arm.

Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

Complete 1 set Hold 1 sec
Repeat 5 times

6



Ulnar Nerve Glide

Starting position is the picture on the left.
Ending position is the picture on the right.

Do not hold the end position and do not push through any pain or excessive tingling/tension.

Complete 1 set Hold 1 sec
Repeat 5 times