

Erbst OrthoSport



Median Nerve Glide

Hold RIGHT/LEFT arm out to your side with your elbow bent, palm facing up. Slowly straighten your elbow, keeping your wrist extended, and tilt your head towards the RIGHT/LEFT side. You should feel a stretch/pull at the shoulder, elbow, wrist, and/or fingers. “Pulse” hand back and forth by flexing elbow.

Alternately, you may keep elbow at side and pulse hand toward back hip pocket.

Repeat _____ times per set. Perform _____ sets, _____ times per day/week.

Erbst OrthoSport Physical Therapy

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