**Median Nerve Gliding Exercises**

Perform these exercises **IN THE EXACT ORDER** that is shown on this page.

Perform these exercises ________ times, ______ times a day.

**POSITION 1**

Make a fist and take your arm out (shoulder height) to the side of your body, bending the elbow at 90°.

**POSITION 2**

Same as position 1 except straighten your fingers up towards the ceiling.

**POSITION 3**

Same as position 2 except tilt your hand back at the wrist.

**POSITION 4**

Same as position 3, except bring the thumb towards your head.

**POSITION 5**

From position 4, move your hand towards your little finger so your hand is now pointing away from your body.

**POSITION 6**

From position 5, straighten your arm out in the direction your hand is pointing.

Please contact your therapist if you have any queries or concerns.

**Therapist:** ______________________________  **Phone:** (07) 3646 7100