

# Hand Therapy

## Median nerve slides

### Median nerve slides (distal)

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day.

1. Hold arm out to side with palm facing up (like you are holding a tray of drinks).



2. Gently and slowly straighten elbow and wrist (try not to spill the drinks on your tray).



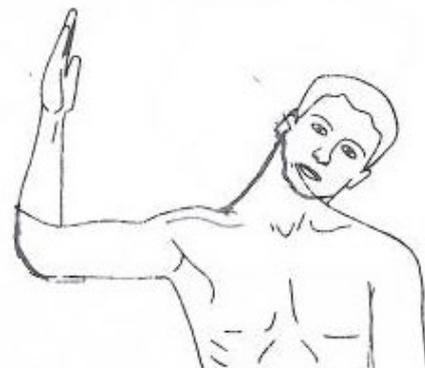
If you feel an increase in your pain, pins and needles, or numbness please stop the exercises until you talk to your therapist.



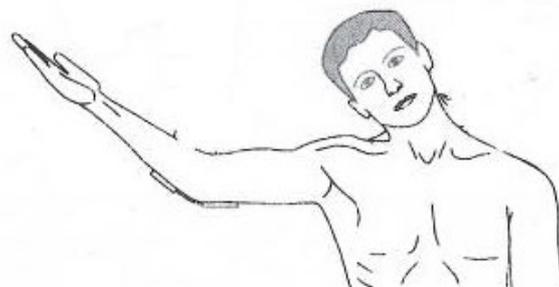
## Median nerve slides (proximal)

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day.

1. Hold arm out to side with palm facing you. Your wrist should be straight. Tilt your head towards your other shoulder.



2. Gently and slowly straighten your elbow and tilt your head towards your hand.



If you feel an increase in your pain, pins and needles, or numbness please stop the exercises until you talk to your therapist.

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

**Therapist \_\_\_\_\_ Phone Number \_\_\_\_\_**

Acknowledgements: The Prince Charles Hospital, Logan Hospital. Images: (1) Coppieters, M., Hough, A., Dilley, A. Different Nerve-Gliding Exercises Induce Different Magnitudes of Median Nerve Longitudinal Excursion: An In Vivo Study Using Dynamic Ultrasound Imaging. *J Orthop Sports Phys Ther* 2009;39(3):164-17; (2) Coppieters, M and Alshami, A. Longitudinal Excursion and Strain in the Median Nerve during Novel Nerve Gliding Exercises for Carpal Tunnel Syndrome. *J Orthop Res* 2007;25:972-980.

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