

# ACTIVITY OF DAILY LIVING

## Nerve Gliding Program

### For Median Nerve Decompression at the Wrist

The following exercises need to be done 2-3 times each, 2 times a day.

Hold each position for a count of 5.

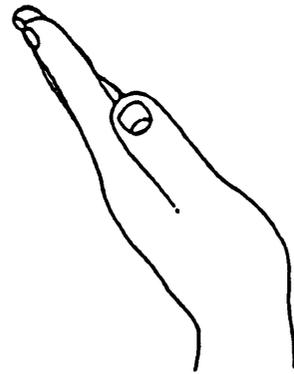
1. Wrist in neutral, fingers and thumb in flexion.



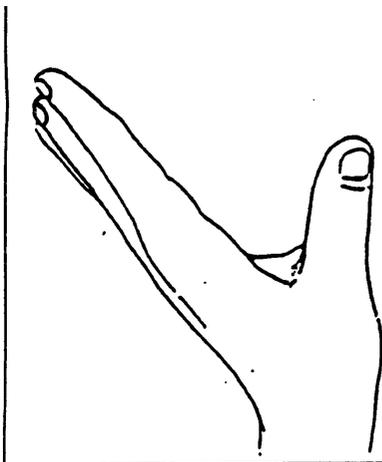
2. Wrist in neutral, fingers and thumb extended.



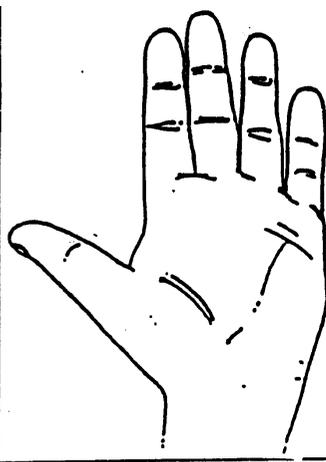
3. Thumb in neutral, wrist and Fingers extended.



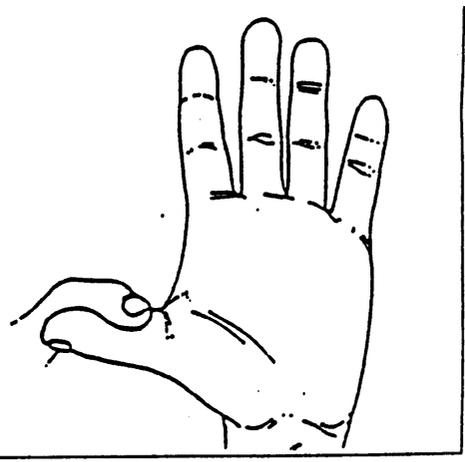
4. Wrist, fingers and thumb extended.



5. Same as position 4, with forearm in supination. (palm up)



6. Same as position 5, other hand gently stretching thumb.



Nerve gliding exercises are intended to facilitate mobilization of the median nerve.