

Nerve Glides

Nerve glides are exercises that aim to restore mobilization of our peripheral nerves. When a nerve is injured, it will not glide normally through the surrounding sheath which can cause a sharp pain. Nerves can be stretched carefully to reduce inflammation or compression and allow the nerve to glide normally.

Radial Nerve Glides

Radial nerve glides are beneficial to individuals who have injuries that impact extensor muscles of the wrist, fingers and forearm, and elbow extension. Common diagnosis that impact the radial nerve is wrist drop.

RADIAL NERVE GLIDES

Perform **10** repetitions of the following exercises, **3** times a day

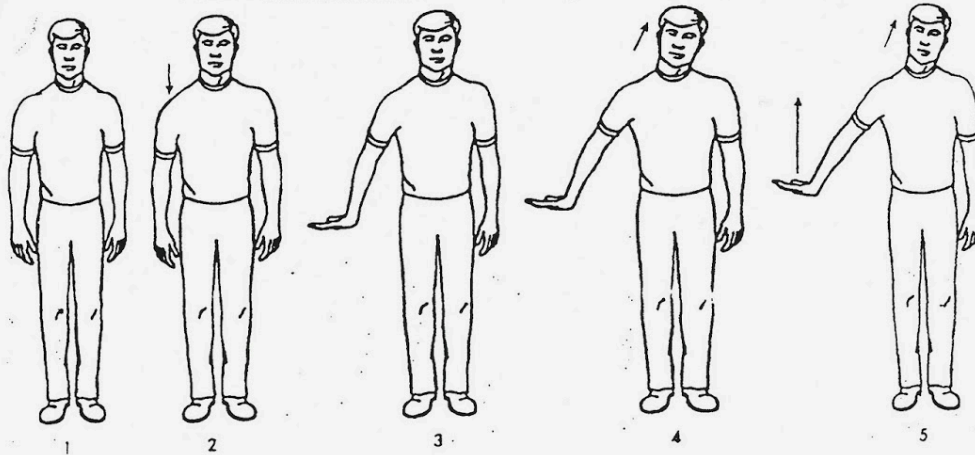
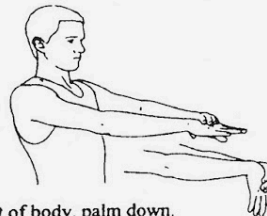


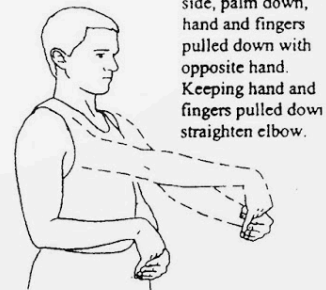
Fig. 41-2. Radial nerve gliding program. Position 1 begins with the patient standing and the body in a relaxed posture. Position 2 adds shoulder decompression. In position 3, the arm is internally rotated and the wrist flexed. Position 4 adds lateral cervical flexion. In position 5, the wrist is flexed as the shoulder is extended. (Redrawn from a home program form used by Spectrum Health Rehabilitation and Sports Medicine Services.)



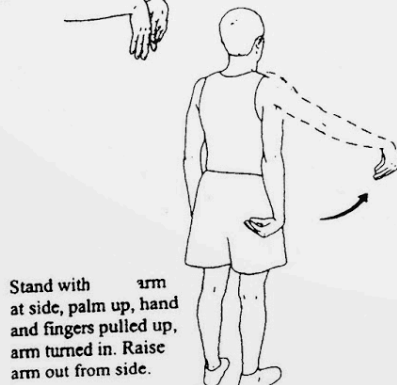
With elbow resting at side, palm down. Use opposite hand to pull hand down, fingers relaxed.



With arm in front of body, palm down. Use opposite hand to pull hand down, fingers relaxed.



With elbow resting at side, palm down, hand and fingers pulled down with opposite hand. Keeping hand and fingers pulled down, straighten elbow.



Stand with arm at side, palm up, hand and fingers pulled up, arm turned in. Raise arm out from side.



Stand with elbows bent, forearms crossed, hands and fingers pulled in. Turn palms out, sweeping arms down and back.

Median Nerve Glides

Median nerve glides are beneficial to do for individuals with injuries that entrap the median nerve such as Carpel Tunnel Syndrome or injuries that have impacted motor functions of flexion of the thumb, fingers, and wrist and pronation of forearm. Individuals may have difficulty completing activities that involve fine precision and pinch function of the hand.

MEDIAN NERVE GLIDES

Perform **10 repetitions** of the following exercises, **3 times a day**

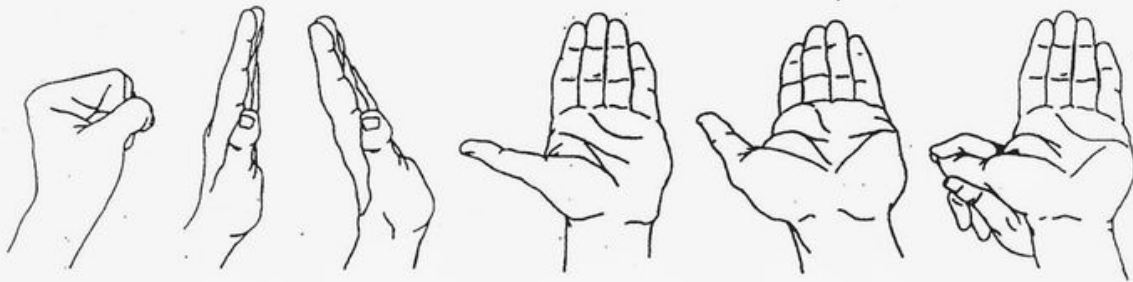
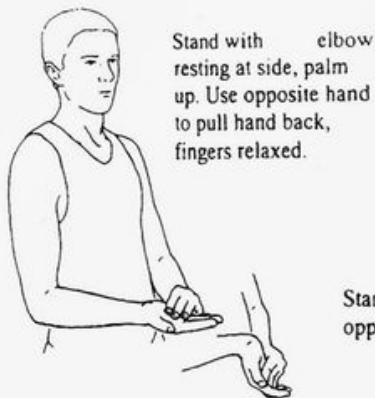
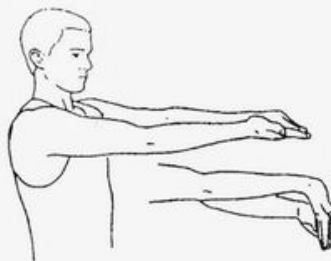


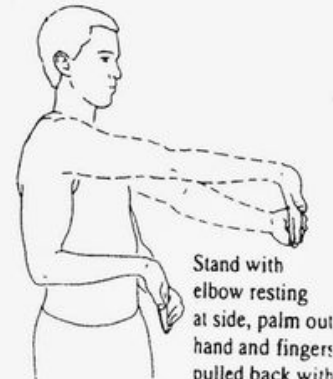
Fig. 36-5. The median nerve gliding program: *position 1*, wrist in neutral, fingers and thumb in flexion; *position 2*, wrist in neutral, thumb in neutral, fingers extended; *position 3*, wrist and fingers extended, thumb in neutral; *position 4*, wrist, fingers, and thumb in neutral; *position 5*, forearm in supination; and *position 6*, the opposite hand applies a gentle stretch to the thumb. (Redrawn from Totten PA, Hunter JM: *Hand Clin* 7:503, 1991.)



Stand with elbow resting at side, palm up. Use opposite hand to pull hand back, fingers relaxed.

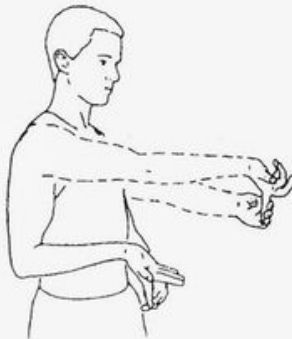


Stand with arm in front of body, palm up. Use opposite hand to pull hand and fingers back.



Stand with elbow resting at side, palm out hand and fingers pulled back with opposite hand. Keeping hand as fingers pulled back straighten elbow

Stand with elbow resting at side, palm out, index finger and wrist pulled back with opposite hand. Keeping index finger and wrist pulled back, straighten elbow.
Repeat with each finger.



Elbows at 90° angle and arms at shoulder level, hands and fingers pulled back, palms up. Alternate pressing hands toward ceiling.

Ulnar Nerve Glides

Inflammation or adhesions anywhere along the ulnar nerve path can cause the nerve to have limited mobility and essentially get stuck in one place. These exercises help stretch the ulnar nerve and encourage movement through the cubital tunnel. Common injuries this would be beneficial for are cubital tunnel syndrome and preventing claw hand deformity.

ULNAR NERVE GLIDES

Perform **10 repetitions** of the following exercises, **3 times a day**



Tendon Glides

Tendon Glides allow each tendon to reach its greatest amount of movement. They also reduce hand swelling. Tendon-gliding exercises are just as important to the hand as aerobic exercises are to the heart.

Tendon-Gliding Exercises

TENDON GLIDE EXERCISES

HOLD EACH POSITION 3 SECONDS, REPEAT 10 TIMES, DO 3 SESSIONS PER DAY.

1.



STRAIGHT



HOOK FIST



FULL FIST



STRAIGHT FIST



PLATFORM POSITION

2.



STRAIGHT



HOOK FIST



STRAIGHT



FULL FIST



STRAIGHT



STRAIGHT FIST



STRAIGHT



PLATFORM POSITION

TENDON GLIDING EXERCISES



Straight



Hook



Duck



Straight Fist



Full Fist



Hanging Limp Wrist



Wrist Extension