

Median Nerve Glides For Carpal Tunnel

MyCarpalTunnel.com

Starting Position 1

Wrist in neutral, fingers and thumb in flexion.



Position 2

Wrist in neutral, fingers and thumb extended.



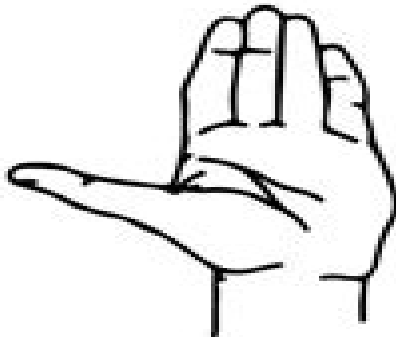
Position 3

Wrist in neutral, fingers extended, thumb in neutral.



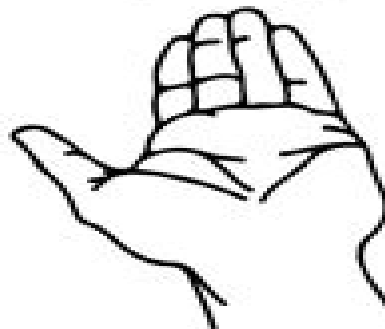
Position 4

Wrist, fingers, and thumb extended.



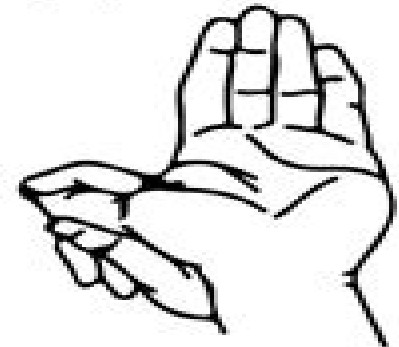
Position 5

As in position four, with palm facing up.



Position 6

As in position five, other hand gently stretching thumb.



Repeat the above exercise 3-5 times. Do the movements slowly.

Do not stay in position 6 for any length of time. Stop and return to position 1 if you feel a strong pull at any stage.

Carpal Tunnel Exercises Handout

AN Whitehead



Carpal Tunnel Exercises Handout:

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