

Median Nerve Glides For Carpal Tunnel

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Starting Position 1

Wrist in neutral, fingers and thumb in flexion.



Position 2

Wrist in neutral, fingers and thumb extended.



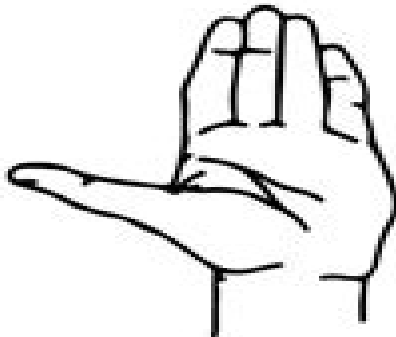
Position 3

Wrist in neutral, fingers extended, thumb in neutral.



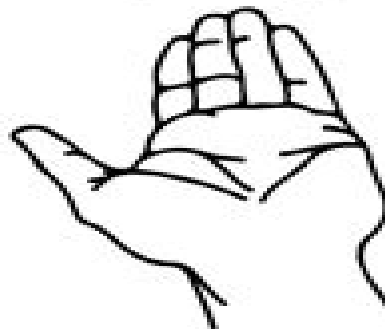
Position 4

Wrist, fingers, and thumb extended.



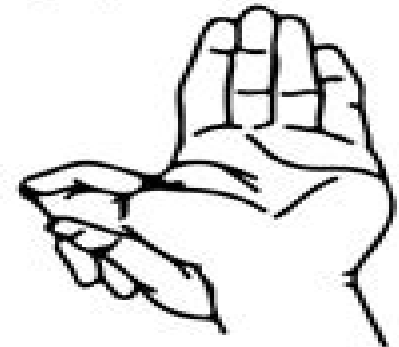
Position 5

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

Christine M. Wietlisbach, Aviva L. Wolff

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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