

# Median Nerve Glides

## Hand Therapy



1) Hold your arm out to your side at 90° with your palm facing downward.



2) Bend your elbow with your hand facing away.



3) Turn your forearm so the palm faces you.



4) Bend your wrist backwards as if you are holding a tray.



5) Now whilst keeping the wrist in bent position, straighten your elbow pointing your fingers toward the ground.

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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Please complete		Times a day
Holding each position		Seconds
Repeat		Times

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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