



Neural Mobilisation - Median Nerve

This exercise is to improve the mobility of the **MEDIAN NERVE** in your arm. It is important to remember that nerves are very sensitive. Only perform the exercise as instructed by your physiotherapist.



Stand facing a wall.

With your elbow bent place the heel of your hand against the wall at just below shoulder height with the fingers pointing to the floor. Try to keep your hand as flat as possible against the wall.

Slowly add on each of the stages below. **STOP AT THE POINT YOU FEEL PULLING – This is the position in which you hold the stretch.**



1



2



3

- 1) *Straighten the elbow*
- 2) *Gradually walk your feet away from the arm you are stretching so you open up through the chest*
- 3) *Take your ear to your shoulder to tilt the head away from the arm you are stretching*

STOP AS SOON AS YOU FEEL THE PULL IN YOUR ARM. DO NOT OVER STRETCH.

Hold this gentle stretch for ____ Seconds

Repeat ____ times on the __ arm / both arms. ____ times / day.