INSTRUCTIONS:

• Look at your palm with your hand in front of your face

• Extend your arm out to the side above your head and slightly behind with your palm facing forward

• Follow your hand with your eyes

• Get a nice, easy stretch (you may get a few tingles with is OK)

• Return your hand back to the starting position in front of your face

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
Median Nerve Abduction Tensioners

INSTRUCTIONS:

• Look at your palm with your hand in front of your face

• Extend your arm out to the side above your head and slightly behind with your palm facing forward

• As you extend your arm back, turn away or look away from your hand

• Get a nice, easy stretch (you may get a few tingles with is OK)

• Return your hand back to the starting position in front of your face

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Place both your hands on a table as shown (if this is too much pressure, use a towel or pillow at first)

• Lean forward and take some more weight load on to your wrists

• As you take more load, turn your head to the left

• As you rock back and take less load on the wrist, bring your head back to neutral

• Repeat, turning your head to the right

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
**Median Nerve Rocking**

**INSTRUCTIONS:**

- Place your palms together with fingertips pointing upward
- Push your elbows to the left as far as you can
- Push your elbows to the right as far as you can
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
INSTRUCTIONS:

- Pull the fingers of one hand slightly back and get a gentle, easy stretch
- Push outward to your left, return to start
- Push up overhead, return to start
- Push outward to your right, return to start
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
Median Nerve Sliders

INSTRUCTIONS:

• Look at your palm with your hand in front of your face
• Extend your arm out to the side slightly backward and down
• Follow your hand with your eyes
• Get a nice, easy stretch (you may get a few tingles with is OK)
• Return your hand back to the starting position in front of your face

• Repeat _____ times
• Repeat _____ sets
• Repeat _____ times per day
Median Nerve Tensioners

INSTRUCTIONS:

• Look at your palm with your hand in front of your face

• Extend your arm out to the side slightly backward and down

• As you extend your arm, turn your head to look away from the arm

• Get a nice, easy stretch (you may get a few tingles with is OK)

• Return your hand back to the starting position in front of your face

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day