

Occupational Therapy TOOLKIT

Median Nerve Gliding Exercises

Hold each position 5 seconds.
Repeat the sequence 5 time(s).
Perform these exercises 5 time(s) a day.

Hold your wrist straight and your fingers and thumb in a loose fist.



Hold your wrist straight, straighten your fingers and thumb.



Bend your wrist and fingers backwards, keeping your thumb in neutral.



Bend your wrist, fingers and thumb backwards.



Fully bend your wrist, fingers and thumb back and spread your fingers apart.

