

**Professor M. A. Imam**  
**MD, D.SportMed, PhD, FRCS (Tr and Orth)**  
**Subspecialist in Upper limb and Complex trauma reconstruction**  
**Tel: 020 3384 5588**  
[info@thearmdoc.co.uk](mailto:info@thearmdoc.co.uk)  
[www.thearmdoc.co.uk](http://www.thearmdoc.co.uk)

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# Nerve Gliding Exercises

Physiotherapy & Occupational Therapy

## Who is this leaflet for?

This leaflet is for patients who have been advised to practise nerve gliding exercises. These exercises are generally suggested for patients who have experienced nerve damage due to injury or surgery to the hands, arms or shoulders.

## What are the benefits of nerve gliding exercises?

Nerve gliding exercises encourage the nerves to glide normally as you move your joints. A nerve may not glide well if it is injured or inflamed, as it can get entrapped in the surrounding soft tissue. Therefore, nerve gliding exercises are often used after surgery or as part of a rehabilitation programme from an injury.

## Are there any risks for undertaking these exercises?

Your therapist and or consultant has assessed you as being suitable to carry out these exercises and it is unlikely that you will have any adverse effects. However you should remember that nerves are delicate, and exercises should therefore be performed gently.

If you suffer severe discomfort, pain, worsening numbness or any other worrying symptoms please stop the exercises and speak to your therapist.

## Which exercises should I do?

A range of exercises which apply to different nerves are described in the following pages. Your therapist will explain which ones are appropriate for you and will show you how to do them. Only do the exercises which your therapist advises at any given time.

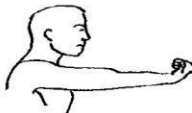
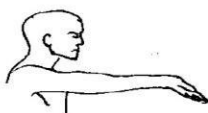
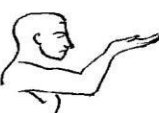
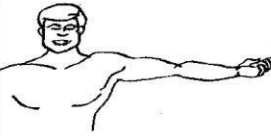


The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

# Ulnar nerve exercises

Repeat each exercise ..... times, .....times per day.


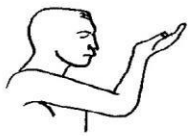
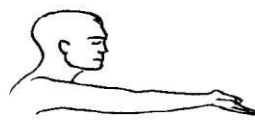

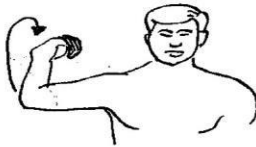

Hold each position for ..... seconds.

<p><b>A</b></p>  <p>Extend the arm with the elbow straight and the wrist and fingers bent.</p>	<p><b>B</b></p>  <p>Extend the arm with the elbow and fingers straight, bend the wrist back.</p>	<p><b>C</b></p>  <p>Bend the elbow, keeping the fingers straight and wrist back.</p>
<p><b>D</b></p>  <p>Stretch arm to the side, bends wrist and fingers.</p>	<p><b>E</b></p>  <p>Same as D but circle whole arm backwards.</p>	<p><b>F</b></p>  <p>Same as E and tip hand to opposite side.</p>

# Ulnar nerve exercises - post-operative.

Repeat each exercise ..... times, .....times per day.



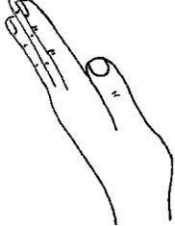
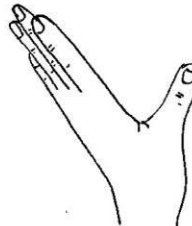
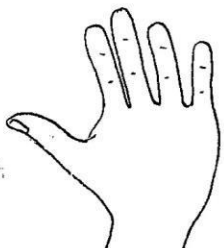

Hold each position for ..... seconds.

<p><b>A</b></p>  <p>Straighten arm out in front of you. Bend at the elbow and gently bend wrist and fingers.</p>	<p><b>B</b></p>  <p>Straighten your fingers and bend your wrist back.</p>	<p><b>C</b></p>  <p>Straighten arm out in front of you keeping fingers straight and bend wrist back.</p>
<p><b>D</b></p>  <p>Stretch arm out to the side. Bend the elbow, fingers and wrist.</p>	<p><b>E</b></p>  <p>Same as D, but circle whole arm backwards.</p>	<p><b>F</b></p>  <p>Same as E, but tilt head over to the opposite side.</p>

# Median Nerve

Repeat each exercise ..... times, .....times per day.





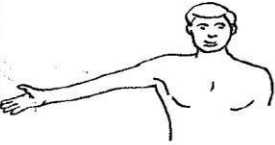
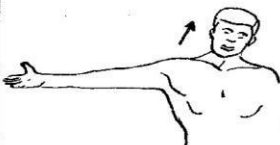
Hold each position for ..... seconds.

<p><b>A</b></p>  <p>Hold wrist straight and make a fist.</p>	<p><b>B</b></p>  <p>Hold wrist straight and straighten fingers and thumb.</p>	<p><b>C</b></p>  <p>Hold fingers straight with thumb against side of hand. Bend wrist back.</p>
<p><b>D</b></p>  <p>As C with thumbs out.</p>	<p><b>E</b></p>  <p>As position D with palm up toward ceiling.</p>	<p><b>F</b></p>  <p>As position E with other hand gently stretching thumb.</p>

# Brachial Plexus Nerves - post-operative

Repeat each exercise ..... times, .....times per day.

Hold each position for ..... seconds.

<p><b>A</b></p>  <p>Tilt your head to the affected side with the fingers, wrist and elbow flexed.</p>	<p><b>B</b></p>  <p>Bring your head back to the centre.</p>	<p><b>C</b></p>  <p>Move the hand across the chest and down to hip level.</p>
<p><b>D</b></p>  <p>Continue moving the arm further to the side.</p>	<p><b>E</b></p>  <p>Continue moving arm up to position F</p>	<p><b>F</b></p>  <p>Tilt the head to the unaffected side.</p>

# Upper Nerve Flossing

1



**MEDIAN NERVE GLIDE - #1**  
Beginner

Start with your arm hanging down at your side with your elbows straight and palm facing forward. Next, bend your wrist back as you side bend your head towards the target arm as shown. Next, bend your wrist forward as you side bend your head away from the target arm. Your other hand should be making sure your shoulder stays down and drawn back the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

4



**RADIAL NERVE GLIDE - #2**  
Advanced

Start with your arm hanging down at your side with your elbows straight and palm facing back. Next, bend your wrist back as you side bend your head towards the target arm as shown. Next, bend your wrist forward as you side bend your head away from the target arm.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

2



**MEDIAN NERVE GLIDE - #2**  
Advanced

Start with your arm up and out to the side with a straight elbow as shown. Your palm should be facing upwards. Next, bend your wrist upwards as you side bend your head away from the target arm as shown. Then, bend your wrist downward as you side bend your head towards the target arm.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

5



**ULNAR NERVE GLIDE - #1**  
Beginner

Start with your arm up and out to the side with a bend elbow as shown. Your palm should be facing towards the side. Next, bend your wrist away and towards you as shown. Your other hand should be making sure your shoulder stays down and drawn back the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

3



**RADIAL NERVE GLIDE - #1**  
Beginner

Start with your arm hanging down at your side with your elbows straight and palm facing back. Next, bend your wrist forward and back. Your other hand should be making sure your shoulder stays down and drawn back the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

6



**ULNAR NERVE FLOSS - #2**  
Advanced

Start with your arm up and out to the side with a bend elbow as shown. Your palm should be facing towards the side. Next, bend your wrist towards you as you side bend your head towards the target arm as shown. Then, bend your wrist away from you as you side bend your head away from the target arm.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day