

Neuromobilization Home Exercise Guide

Gentle nerve glides for arm, leg, and spine symptoms.

Before You Begin

- These exercises should feel gentle, not painful.
- You may feel a mild stretch or brief tingling that goes away immediately after each repetition.
- Move slowly; never bounce or push into sharp pain.
- Perform 1-2 sets of 10-15 repetitions, 1–2 times per day.
- Stop if symptoms become sharp, intense, or linger longer than 10–15 minutes.

Upper Extremity Nerve Glides

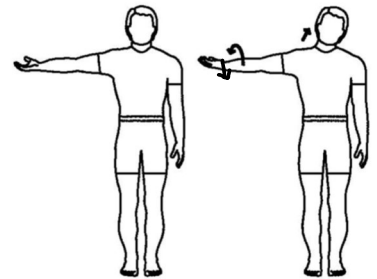
1. Median Nerve Glide

Helps with: Thumb/index finger tingling, carpal tunnel–type symptoms.

How to do it:

1. Stand with arm away from your side.
2. Rotate your arm so your palm is facing up.
3. Extend your wrist (fingers towards the ground).
4. Gently tilt your head away from the arm.

Goal: Light sliding sensation along the forearm or thumb side of the hand.



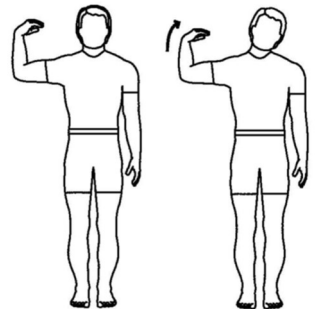
2. Ulnar Nerve Glide

Helps with: Ring/pinky finger tingling, “funny bone” irritation, inner elbow symptoms.

How to do it:

1. Raise your arm to shoulder height away from your body,
2. with elbow bent and palm facing your ear.
3. Move your hand toward your face while your head tilts away.
4. Keep the movement gentle and controlled.

Goal: Mild tension along the inside of the forearm or into the ring/pinky fingers.



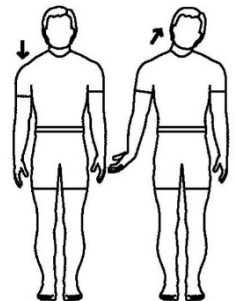
3. Radial Nerve Glide

Helps with: Back-of-hand tingling, outer arm tension.

How to do it:

1. Arm at your side, thumb turned inward (as if pouring out a drink).
2. Drop your shoulder slightly.
3. Flex your wrist and bring your arm behind you while tilting your head away.
4. Return to neutral with your head toward the arm.

Goal: Gentle sliding along the outer arm or back of the hand.



Lower Extremity Nerve Glides

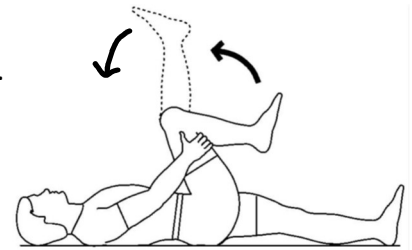
4. Sciatic Nerve Glide (Seated)

Helps with: Hamstring tension, sciatica symptoms down the leg or into the foot.

How to do it:

1. Lay on your back, flex hip with knee bent.
2. Start to straighten lower leg, stopping before you feel a real stretch.
3. Flex your foot (toes toward your body).

Goal: Light tension that eases immediately when the foot relaxes.



5. Tibial Nerve Glide

Helps with: Heel, arch, or calf nerve tension; tibial nerve irritation.

How to do it:

1. Sit with leg extended.
2. Point your toes up and turn the sole of your foot outward.
3. “Slump,” and then lean forward.

Goal: Mild sliding sensation behind the calf or into the bottom of the foot.



6. Peroneal Nerve Glide

Helps with: Outer lower leg, top of foot, or lateral ankle tingling/tingling.

How to do it:

1. Sit with leg extended.
2. Point your toes down and turn the sole of your foot toward midline.
3. Slump,” and then lean forward.

Goal: Mild sliding or tingling along the outer shin or top of the foot.



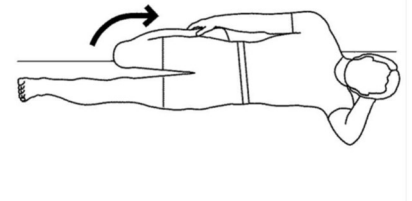
7. Femoral Nerve Glide

Helps with: Front thigh or knee nerve tension.

How to do it:

1. Lie on your side with the affected leg on top.
2. Gently bend the top knee, bringing the heel toward your buttock.
3. Tilt your pelvis slightly forward.
4. Extend your trunk backward slightly (optional, only if comfortable).

Goal: Gentle stretch along the front of the thigh, easing immediately when position is released.



Safety Tips

- Movements should not worsen symptoms over time.
- Reduce the range if tingling becomes strong.
- Do not hold the end positions—this is movement-based, not a static stretch.
- Stop and contact your clinician if you experience:
 - Sharp or electrical pain
 - New or increasing numbness
 - Weakness in the limb