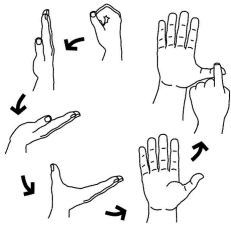


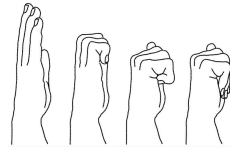
median nerve glide



- Begin with making fist, wrist in a neutral position.
- Straighten fingers and thumb.
- Bend wrist back, move thumb away from the palm.
- Turn wrist palm up.
- Use other hand to pull thumb farther away from palm.

Perform 1 set of 10 Repetitions, once a day.

Hand tendon glides



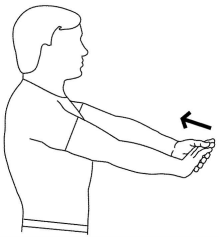
- Start with fingers straight.
- Make hook fist, return to straight hand.
- Make full fist, return to straight hand.
- Make straight fist, return to straight hand.
- Repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Forearm flexor stretch

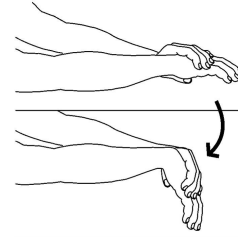


- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 30 Seconds.

Forearm extensor stretch



- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 4 Repetitions, once a day.

Hold exercise for 30 Seconds.

It is recommended to do all of the stretches and exercises listed, daily. Exercises and stretches can be uncomfortable, which is ok, but should not be painful.