

### Aim

To improve nerve symptoms by:

- Improving circulation and nutrition to the nerve
- Improving gliding of the nerves in your arm

### Posture

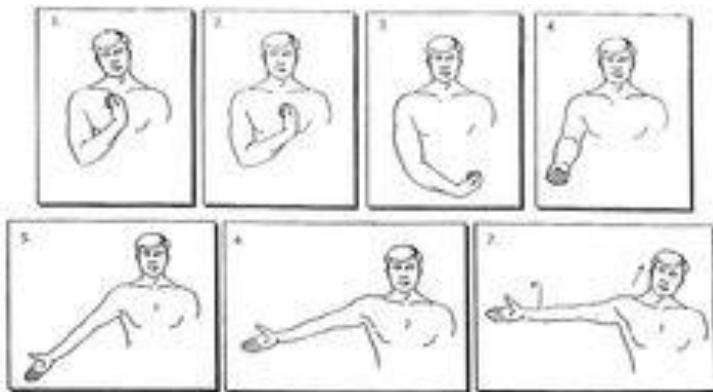
There are several nerves in your arm which originate from the neck (e.g. Ulna, Median and Radial), so it is important to look after your neck posture to prevent irritation of these. Sometimes nerves can become inflamed and scared; therefore it is important to keep the nerves sliding smoothly.

### Nerve gliding exercises

Nerve gliding is a powerful technique and, if done incorrectly can easily increase symptoms and pain. The exercises must be done slowly and in a controlled manner.

Progress to the next level of the exercise only when there is little or no sensation of pulling or tightening. Follow guidance from your therapist.

### Median nerve glide



#### 1. Sewing the seeds

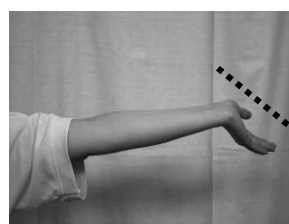
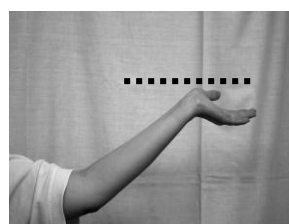
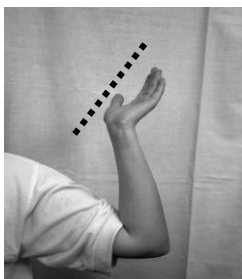
- Begin with your arm into your chest in a sling position and slowly follow the arching movements downwards and outwards.
- Straightening the arm and turning the palm upwards.
- Add some sideways head movement away from the hand, if tolerated.

Repeat .....

#### 2. Dropping the waiters tray

- Starting position below; your palm facing upward and fingers pointing away from your side, as if holding an imaginary tray.
- Keep the wrist extended and then slowly straighten your elbow, until the imaginary tray tips off your hand.
- If you can manage this far, try leaning your head away from your arm to increase the stretch.

Repeat .....



### Ulna nerve glide (Biggles)

- Starting position below; with your palm facing upward and your wrist cocked and fingers pointing to your ear, imagine carrying a tray of drinks.
- Flex your elbow further and tip your fingers downward so they fit under your chin.
- Raise your elbow up in the air and feel the stretch on the inside of your wrist; as the ulna nerve glides.

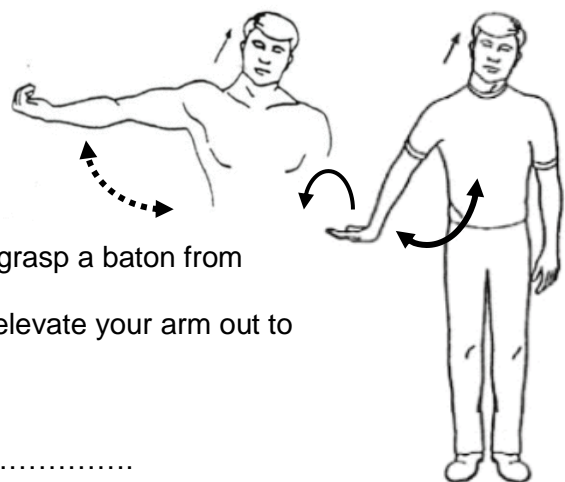
Repeat .....



### Radial nerve glide

1. Starting position far right; with your elbow bent in a sling position, extend your arm out by your side, and return.
- 2a When tolerated, extend your arm then turn your shoulder inwards so your palm faces out to the side.
- 2b Flex your wrist so the palm faces upwards as shown, imagine (far right) you are preparing to grasp a baton from behind you in a relay race.
- 2b Whilst holding your wrist in this position slowly elevate your arm out to the side, feel the nerve pull and tighten, Don't raise the hand above shoulder height.

Repeat and progress through the stages .....



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### References images

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