

Median nerve exercises

Gentler movements

Physiotherapy
Service

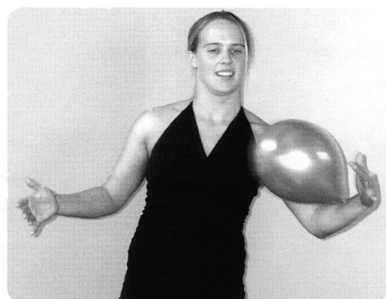
For video demonstrations of the "Gentler movements" please click [VIDEO LINK](#) next to the exercise description.

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan the 'QR code' next to the exercise description.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

Balloon patting:

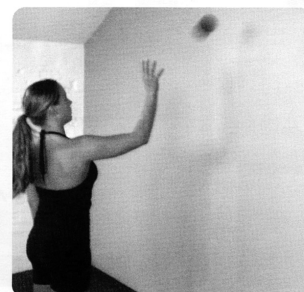
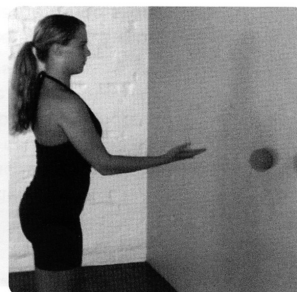
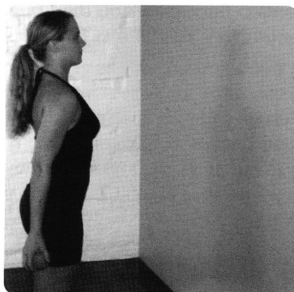
Pat a balloon between your hands, using mostly the wrist to hit the balloon.



[VIDEO LINK](#)

Ball throwing progression:

Stand by a wall and throw / catch a ball underarm. To progress this exercise, throw/catch the ball over arm.



[VIDEO LINK](#)

Author: Community Outpatient Physiotherapy - Middlesbrough, Redcar and Cleveland

South Tees Hospitals NHS Foundation Trust, Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

Version 2, Issue Date: June 2016, Revision Date: June 2018

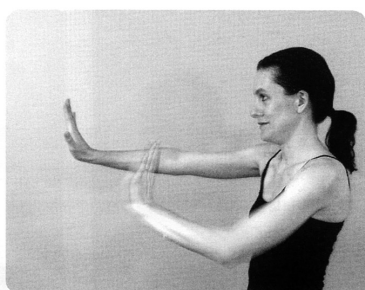
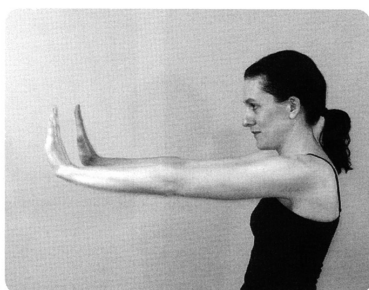


Median nerve exercises

Gentler movements continued

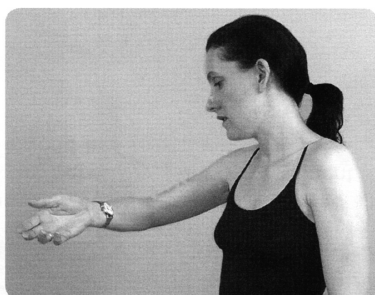
No more dishes:

Stretch your arms forwards with wrists in extension as seen in the picture. Maintain wrist extension and alternate your hands forwards /backwards.



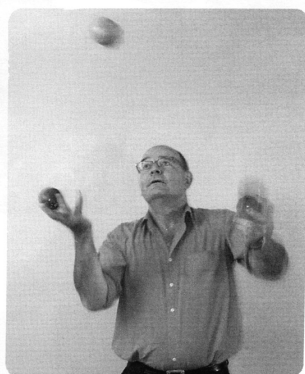
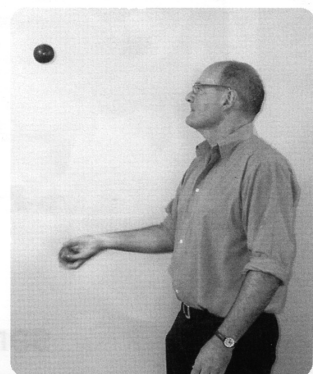
VIDEO
LINK

VIDEO
LINK



Watch the watch:

Imagine wearing a watch with the watch face on the inside of your wrist. Take your arm forwards with the palm facing upwards, as if to look at the time. Gradually aim to fully extend your elbow.



Juggling:

Juggle with two balls in the affected hand with the arm by your side. A progression is seen in the second picture, where three ball juggling is performed between both hands with arms out in front.



VIDEO
LINK

Author: Community Outpatient Physiotherapy - Middlesbrough, Redcar and Cleveland

South Tees Hospitals NHS Foundation Trust, Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

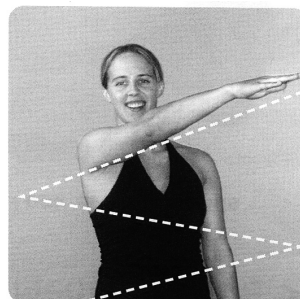
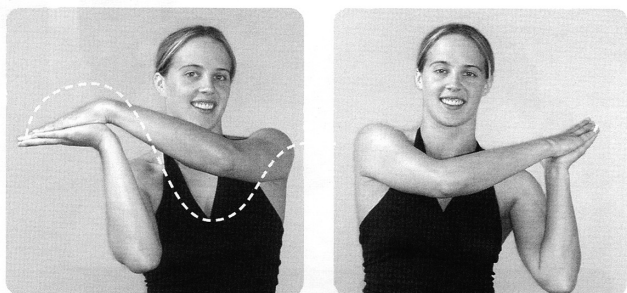
Version 2, Issue Date: June 2016, Revision Date: June 2018

Median nerve exercises

Stronger movements

Busy bee:

Place your palms together and trace a waved line back and forth across your body. Alternate wrist position vigorously so that the top hand is always flat.

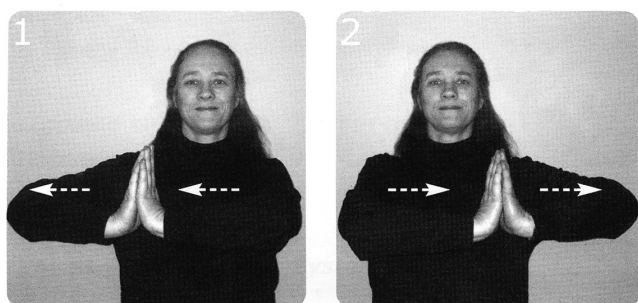


Zorro:

Start with your palm facing down and your arm across your body at head level. Zig-zag down your body in a slanted 'Z' shape, maintaining your palm facing the floor.

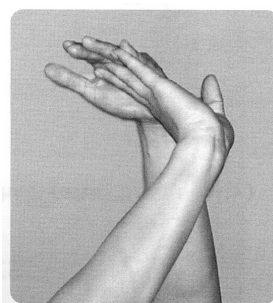
Sawatdika:

Place the palms of your hands together and keep your forearms in a horizontal line. Move arms side to side in a saw-like motion.



Wrist stretch:

With your arm raised in front of your face, stretch your wrist backwards while extending your elbow.



Author: Community Outpatient Physiotherapy - Middlesbrough, Redcar and Cleveland

South Tees Hospitals NHS Foundation Trust, Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

Version 2, Issue Date: June 2016, Revision Date: June 2018

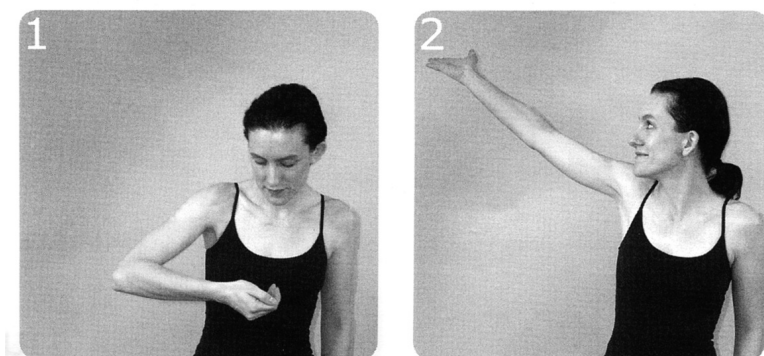


Median nerve exercises

Stronger movements continued

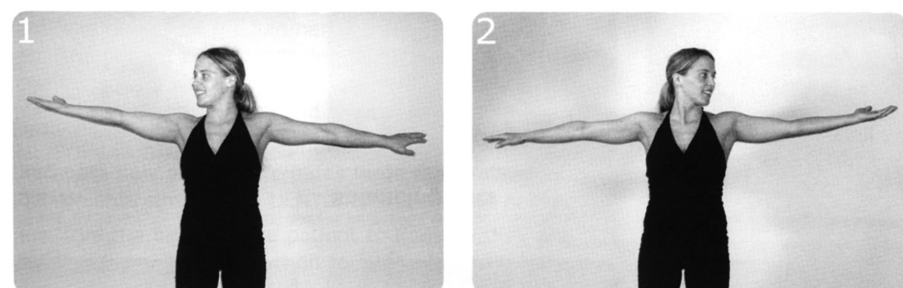
Free the bird:

Starting with your hand across your body and releasing out to the side, with your palm facing up and looking towards your hand.



Look at your hands:

Hold arms out to the side, turn your palm up as you look at it and your palm down as you look away.



Author: Community Outpatient Physiotherapy - Middlesbrough, Redcar and Cleveland

South Tees Hospitals NHS Foundation Trust, Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

Version 2, Issue Date: June 2016, Revision Date: June 2018