

Exercise Prescription: Median Nerve Flossing

Purpose of Exercise: This is a nerve mobilization aimed at restoring normal nerve movement of the median nerve.

Starting Position: Standing or sitting straight with the head in a chin tuck position. The affected arm should be out to the side.

Exercise Description: This exercise involves a series of movements done in a specific order. When done properly, no pain/pulling should be felt through the movement. If any pain, pulling, or change in sensation is noted in the neck, shoulder, or arm, reduce how far you are going with each move or discontinue until your next appointment.

Start with your neck tilted towards your affected side, affected arm reaching out to the side and fingers pointing up. In a step-by-step process, slowly bend your elbow, then tilt your head away from the affected side. Slowly reverse these steps to go back to the starting position.

Pictures:

