Median Nerve Mobilization

These hand movements are done to move the median nerve in your wrist, also called mobilization. This can help ease pain, tingling and numbness due to median nerve compression within the carpal tunnel in the wrist, such as with Carpal Tunnel Syndrome.

Do these with your:  □ Left hand  □ Right hand  □ Both hands

• Do these movements slowly and smoothly in the order listed.
• Move to the next position only when you feel no pain or numbness in your hand.
• Repeat each ____ times.
• Hold each position for 5 to 10 seconds.
• Do these _____ times each day.

Movements

Sit up straight in a firm chair. Hold your head up straight with your arms at your side. Bend your elbow at a right angle, or 90 degrees.

1. Make a full fist with all of your fingers.

2. Hold your wrist straight and straighten your fingers, so your thumb is to the side of your index finger.

   Bend your wrist and fingers back.
3. Turn your hand, so your palm is facing up. Bend your wrist and fingers back, and move your thumb out to the side.

4. Continue as in exercise 3, but now extend your wrist back a bit further.

5. Continue as in exercise 4, while pushing your thumb out gently with your other hand.