



Radial Nerve Gliding Exercises

These exercises are to help improve movement and gliding of your peripheral nerves. This can reduce the compression of these nerves, helping prevent problems such as carpal tunnel syndrome.

You can do these exercises sitting or standing. Begin in a relaxed position and progress through the gliding positions to feel a stretch, but not pain.

Do these _____ times a day.

Position 1

Stand with your body in a relaxed position, arms by your sides.



Position 2

Press your affected shoulder down and reach your fingers toward the floor. Keep standing up straight, do not lean over.



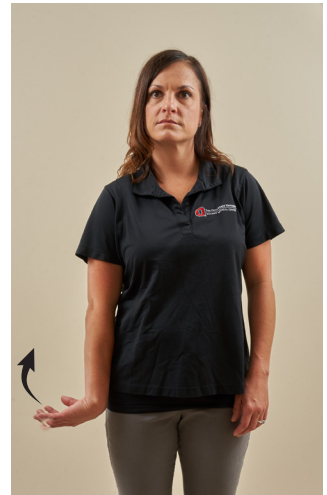
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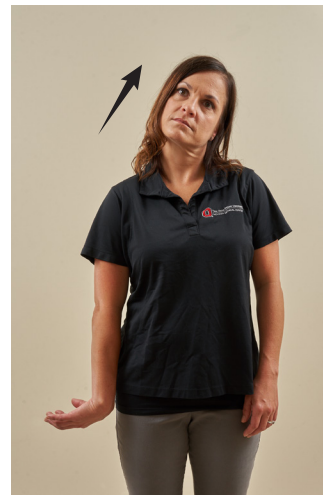
Position 3

Turn your thumb toward your body to rotate your arm inward. Bring your palm up to flex your wrist up.



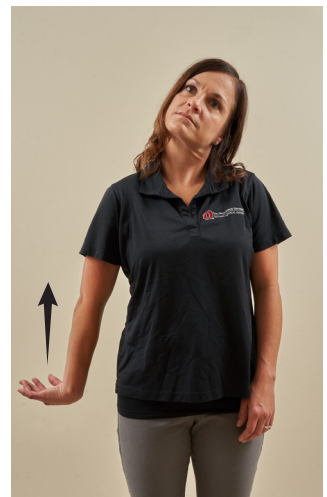
Position 4

Slowly tilt your head to the opposite side (ear toward your opposite shoulder). Keep your wrist flexed and move your arm behind you, stretching your shoulder.



Position 5

Stop when you feel a comfortable stretch or light pull in your neck or arm.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.