

RADIAL NERVE GLIDES

Perform **10** repetitions of the following exercises, **3** times a day

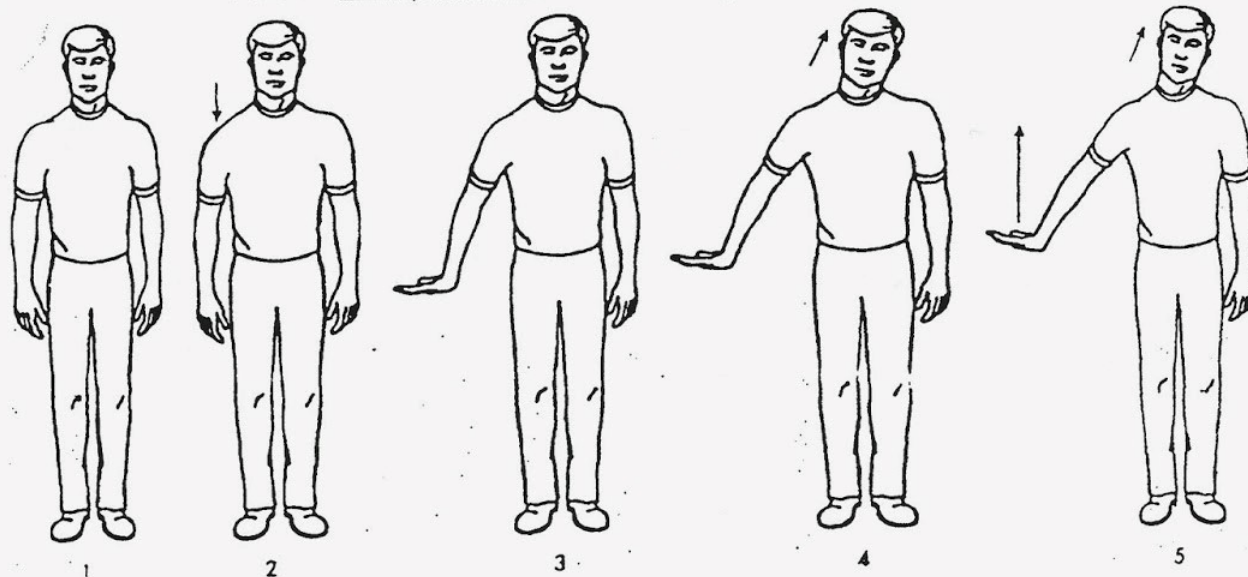
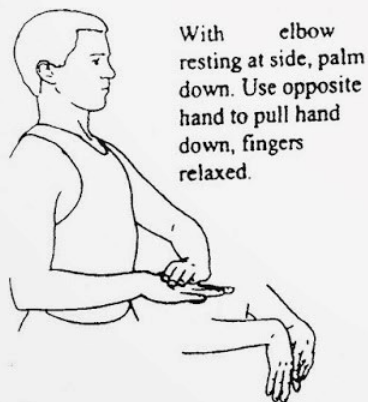


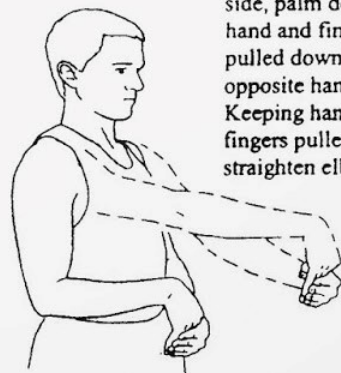
Fig. 41-2. Radial nerve gliding program. Position 1 begins with the patient standing and the body in a relaxed posture. Position 2 adds shoulder decompression. In position 3, the arm is internally rotated and the wrist flexed. Position 4 adds lateral cervical flexion. In position 5, the wrist is flexed as the shoulder is extended. (Redrawn from a home program form used by Spectrum Health Rehabilitation and Sports Medicine Services.)



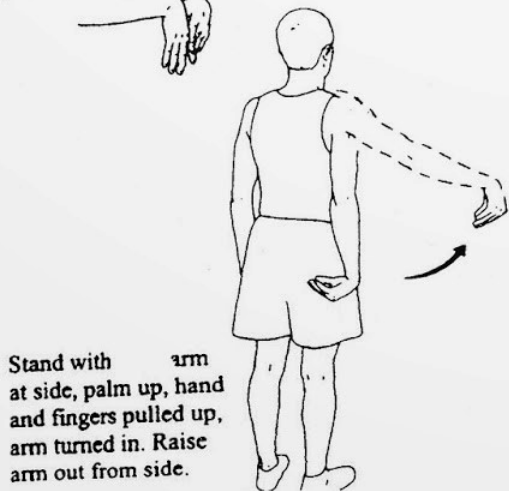
With elbow resting at side, palm down. Use opposite hand to pull hand down, fingers relaxed.



With arm in front of body, palm down. Use opposite hand to pull hand down, fingers relaxed.



With elbow resting at side, palm down, hand and fingers pulled down with opposite hand. Keeping hand and fingers pulled down straighten elbow.



Stand with arm at side, palm up, hand and fingers pulled up, arm turned in. Raise arm out from side.



Stand with elbows bent, forearms crossed, hands and fingers pulled in. Turn palms out, sweeping arms down and back.