

WHAT ARE NERVE GLIDES?

Nerve glides (or nerve flossing) are exercises that help stretch or release nerves that are trapped. Nerve gliding can help you recover from movements that can make your extremities tight and compress your nerves. See below for some examples on different types of nerve glides.

NERVE GLIDES MAP

Median, Ulnar, and Radial Nerve (see map):

- First, look at the chart below to figure out which nerve is causing your symptoms.
- When you have decided which nerve is bothering you the most, go to the nerve glides for that specific area.
- Think of 'flossing' the nerve – keep moving gently and slowly through the different positions.
- Do not hold one position for more than a second.
- If your symptoms feel stronger when gliding, back off on the intensity and/or range of motion.
- Symptoms in more than one area? It is okay to do nerve glides for more than one nerve.



NERVE GLIDES EXERCISES

Standing Median Nerve Glide:



- Curl one arm toward the top of your shoulder bending your arm and wrist
- Slowly straighten your elbow out to the side of your body
- When elbow is straight, extend your wrist and open your fingers so they are pointed towards the floor
- Move between these two positions in a smooth and controlled manner

Standing Ulnar Nerve Glide:



- Bend one arm upward at the elbow with your palm toward the side of your head, head tilted toward that same shoulder
- Straighten your arm down toward your side and tilt your head toward the opposite shoulder
- Repeat in a slow and controlled manner

Standing Radial Nerve Glide:



- Bend your elbow and wrist so that your arm is in front of your chest and fingers point towards the floor
- Slowly straighten your elbow and move your arm out to the side of your body. Keep your wrist bent during this motion
- Slowly return to the starting position and repeat in a controlled manner