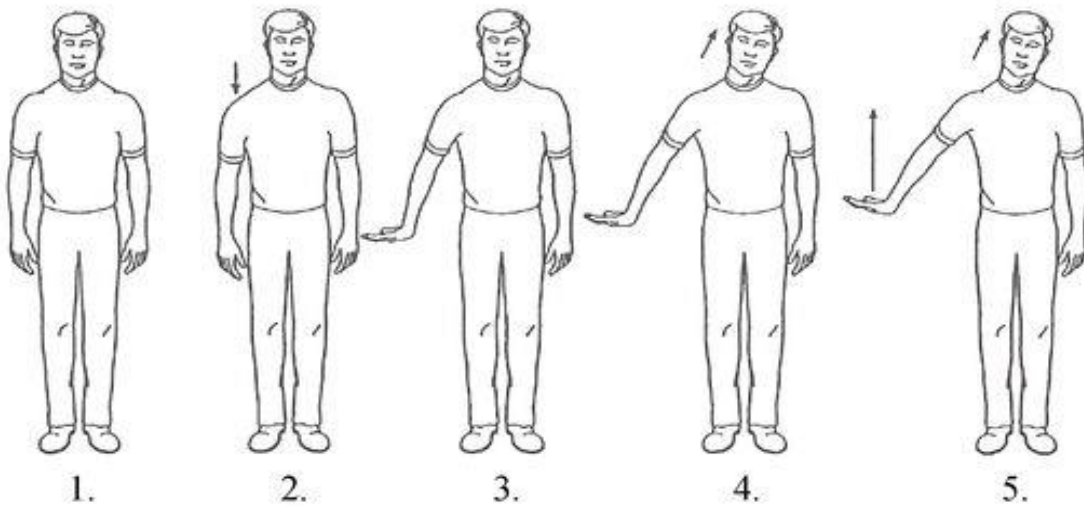


Radial Nerve Glide

Radial Nerve Gliding can be done standing or sitting. Progress through the exercises to the point where tension is produced, but not to the point of altered sensibility.



1. Sit or stand with your body in a relaxed position
2. Drop your shoulder down
3. Rotate your arm to palm out, and bend (flex) the wrist up
4. Tilt your head away from the arm you are stretching
5. Continue to lift the arm up and away from the body, keeping your wrist flexed and head tilted

Stretch only until you feel tension, hold for 10 seconds

Repeat 5-10 times