

1

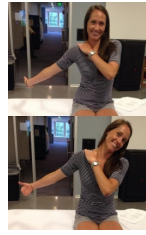


PRAYER STRETCH - WRIST

Place the palms of your hands together to stretch the wrist as shown.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) an Hour

5



SITTING MEDIAN NERVE SLIDER WITH CERVICAL MOTION

Start with your arm hanging down at your side with your elbows straight and palm facing forward. Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

Repeat 15 Times
Hold 0 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Slowly bend wrists back, while head is in neutral. Then, bend your wrist forward, while bending head to the opposite side (after clearing patient for cervical pain and improved mobility). Repeat this 15 times, 2 sets, with a one minute break in between each set.

Patient should not feel pain, but if patient is symptomatic, patient can take hands off shoulder so that shoulder stays in resting position.

2



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Time(s) an Hour

3



SCALENE STRETCH

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

4



Side Bending Assisted Stretch

- 1) While lying down or sitting, anchor right hand under right hip.
- 2) With left hand, reach over top of head and slide your head to the left. You should feel a light stretch on the right side of the neck.
- 3) Repeat this process for the opposite side

Repeat 2 Times
Hold 10 Seconds
Perform 2 Time(s) a Day