
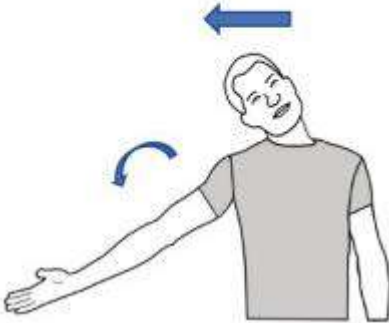
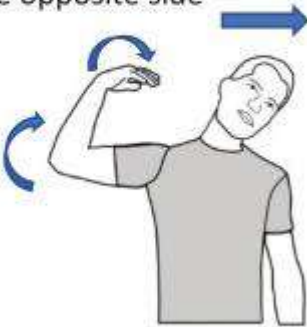
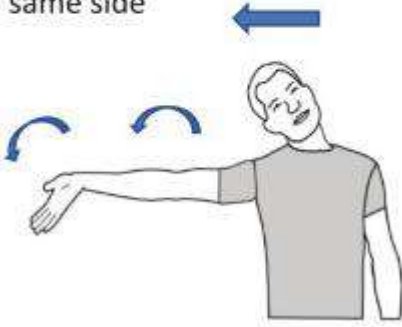



# Median Nerve Gliders / Stretching

<p><b>1</b></p> <p><b>Starting position:</b> Hold the elbow flexed and the head inclined to the opposite side</p> 	<p><b>Final position:</b> Extend your elbow completely while moving the head toward the same side</p> 
<p><b>2</b></p> <p><b>Starting position:</b> Hold the wrist and elbow flexed and your head inclined to the opposite side</p> 	<p><b>Final position:</b> Extend the wrist and the elbow completely while moving the head toward the same side</p> 
<p><b>3</b></p> <p><b>Starting position:</b> Hold the wrist and elbow flexed and your head inclined to the same side</p> 	<p><b>Final position:</b> Extend the wrist and the elbow completely while moving the head toward the opposite side</p> 