

Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025



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Use a wrist splint at night to sleep in.

This can help reduce your morning symptoms

Use for minimum 6 weeks



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Median Nerve Slider

Nerves cannot be stretched like elastic, it is better to think of nerves as being like a piece of string.

What you can do however is "slide" the nerves up and down your arm by altering where the tension is. This should relieve any area where the nerve is becoming stuck and causing symptoms.

For this "slider" there are two positions that you will need to move between.

1) Palm facing away from yourself with fingers pointing towards the floor. Your head should lean towards your arm.

2) Curl your arm so that you are touching your shoulder. Lean your head away from your arm.

Alternate between stages 1 and 2.

Repeat 20-30 times



Fingers straight. Fingers hooked.

Repeat 10 times x 3 sets

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Wrist Extension

Using a dumbbell with your hand resting over a table.

Start with your palm facing down and your fingers pointing towards the floor (as shown in picture 1)

Raise your hand up so that your palm faces away from you (as shown in picture 2).

Slowly return to the position in picture 1.

Repeat 10 times x 3 sets

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Forearm supported on a table with your hand over the edge and palm facing down.

Let your hand drop down. Gently assist the movement with your other hand.

Hold 15 secs.

Repeat 3 times.

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Hold the fingers of the hand to be stretched.

Gently extend the wrist until you feel the stretching at the inside of the forearm. Keep your elbow straight.

Stretch approx. 15 secs. - relax.

Repeat 3 times.

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