

## Nerve Gliding Techniques *Radial Nerve Bias*

Start in the position shown.



Move the hand and head together as in the picture. Continue the motion until you just barely feel some tension. Do not hold. Move with continuous motion. It should take around 5 seconds to complete one repetition.



You may notice that you no longer feel any tension after a few repetitions. At that point re-adjust your finishing position so that it is a bit higher to the point that you are once again just barely feeling the tension.

Repetitions \_\_\_\_\_

Perform \_\_\_\_\_ times daily.

***Important:***

**Do not take the movement to the point of feeling strong tension. You should only just barely feel tension with the movement.**