

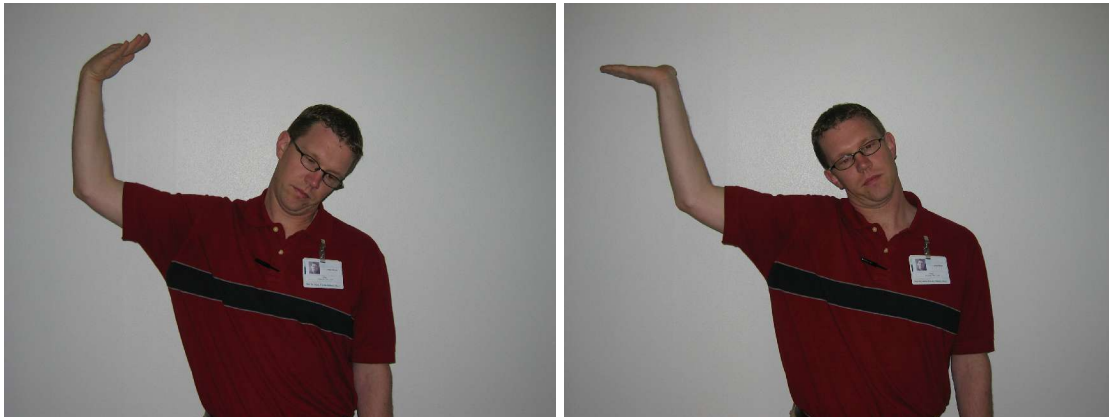
## Nerve Gliding Techniques

### *Median Nerve Bias*

Raise your arm to the starting position until you just barely notice some feeling of tension. This is the position from which you work.



Move the hand and head together as in the picture. 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 starting position so 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.**