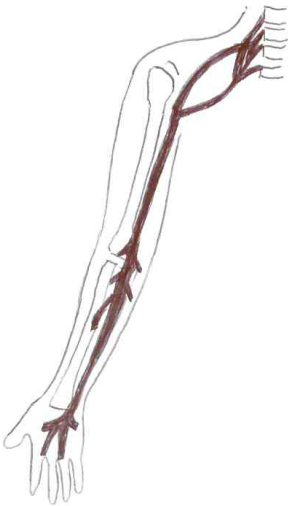


# Median Nerve Gliding

This leaflet offers more information about median nerve gliding exercises for patients under the care of St George's Hospital hand therapy team. Please ensure that you only exercise as instructed by your therapist. If you have any further questions or concerns, please speak to the therapist in charge of your care.

## What is the median nerve?

The median nerve is one of the three major nerves responsible for movement and sensation in your arm and hand. This nerve travels from the neck all the way to your hand and enables you to bend your wrist, fingers, thumb and turn your palm downwards. It also supplies sensation to the palm side of your thumb, forearm, index, middle and part of the ring finger. If a median nerve is injured or irritated, it may cause altered / reduced sensation and strength in these areas.



## Causes of symptoms

There are many causes of injury to the median nerve and, depending on where the nerve is injured, different movements and sensations will be affected. If the nerve has been cut and repaired, it will grow back from the repair site but this may take many months or years.

Alternatively if the nerve is being compressed or squashed by other structures in the arm or hand it may recover on its own. It is hard to estimate timeframes before full recovery is achieved.

## Median Nerve Glides

### What are nerve glides?

Nerve gliding exercises aim to restore mobility to the nerve, as well as reduce symptoms. When a nerve is irritated it won't be able to glide normally through the surrounding sheath which can cause pain, tingling and numbness. Like muscles, nerves can be carefully mobilised to encourage them to glide normally, and therefore reduce symptoms.

When completing these glides some increase in symptoms is expected, however **this should not last more than one hour**. Please consider reducing the repetitions or stopping the glide if symptoms are long lasting or speak with your therapist.

### How often should I do my exercises?

These exercises should be done \_\_\_\_\_ times per day.

Complete \_\_\_\_\_ repetitions of each exercise.

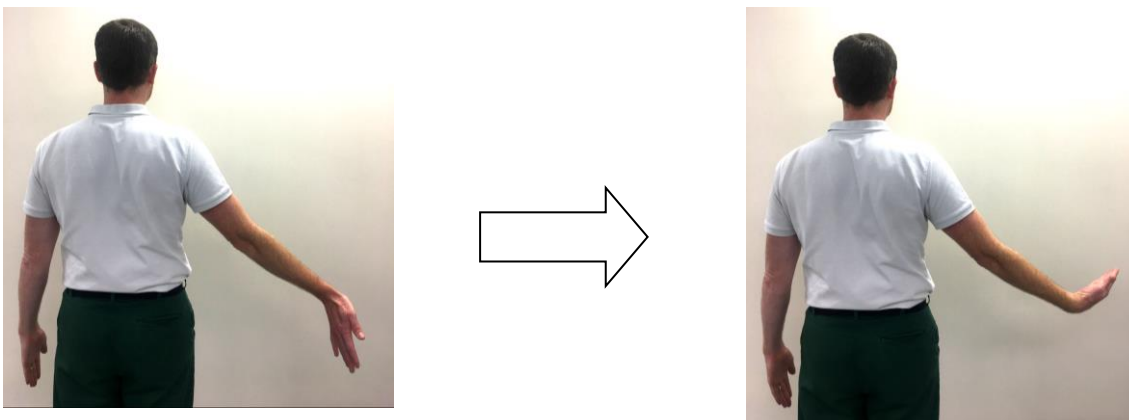
You should hold each position for \_\_\_\_\_ seconds.

## What exercises should I do?

1. Stand with your elbow resting at your side with the hand and fingers pulled back as far as pain allows. Keeping the hand and fingers pulled back, gently straighten your elbow.



2. While standing, move the arm slightly out to the side and bring your wrist and hand backwards so your palm is facing outwards. Return your wrist and hand back to neutral and repeat.



3. Stand with your arm held up to 90° at your side. Extend your wrist back as if you are holding a tray. Move your elbow back and forth.



## Contact us

If you have any questions about your recovery, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contacted on contact **treatment enquiries** phone number listed below.

Your therapist's name is \_\_\_\_\_

Treatment enquiries: 0208 725 1038

Appointments: 0208 725 0007

Or scan  
here



For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

