

Median nerve

Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

01 Median nerve · Hand and wrist sequence



1. With your arm relaxed or supported, start with a gentle fist, then straighten your fingers.
2. Extend your wrist, move your thumb away from your hand and turn your palm upwards, following the illustrated sequence without forcing.
3. Include position 6, with gentle assistance to the thumb from your other hand, only if specifically prescribed.

No equipment. Follow your clinician's plan. Do not seek a stretching sensation. Position 6 requires specific instruction. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets

Repetitions

Times/day

☐ Include position 6 only if prescribed

02 Median nerve · Push towards the ceiling



1. Bend your elbow to about 90 degrees with your palm facing up.
2. Move your hand towards the ceiling as if gently pushing.
3. Return without forcing the movement or shrugging your shoulder.

No equipment. Follow your clinician's plan. Move slowly without seeking a stretching sensation. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets

Repetitions

Times/day

Equipment / adjustments:



Median nerve

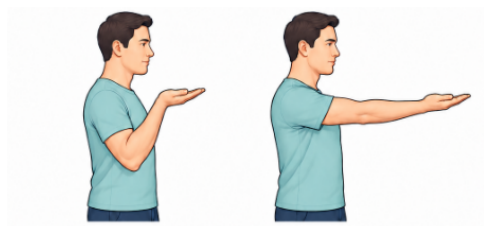
Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

03 Median nerve · Reach forwards



1. With your palm facing up, straighten your elbow forwards.
2. If prescribed, use your other hand to guide the fingers and wrist without pulling.
3. Return slowly.

No equipment. Follow your clinician's plan. Use assistance from your other hand only if prescribed. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets Repetitions Times/day

Equipment / adjustments:

