

Nerve Gliding Exercises

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who have been advised to practise nerve gliding exercises. These exercises are generally suggested for patients who have experienced nerve damage due to injury or surgery to the hands, arms or shoulders.

What are the benefits of nerve gliding exercises?

Nerve gliding exercises encourage the nerves to glide normally as you move your joints. A nerve may not glide well if it is injured or inflamed, as it can get entrapped in the surrounding soft tissue. Therefore, nerve gliding exercises are often used after surgery or as part of a rehabilitation programme from an injury.

Are there any risks for undertaking these exercises?

Your therapist and or consultant has assessed you as being suitable to carry out these exercises and it is unlikely that you will have any adverse effects. However you should remember that nerves are delicate, and exercises should therefore be performed gently.

If you suffer severe discomfort, pain, worsening numbness or any other worrying symptoms please stop the exercises and speak to your therapist.

Which exercises should I do?

A range of exercises which apply to different nerves are described in the following pages. Your therapist will explain which ones are appropriate for you and will show you how to do them. Only do the exercises which your therapist advises at any given time.

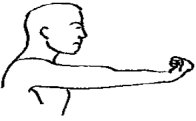
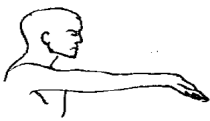
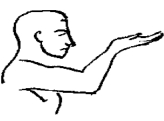



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Ulnar nerve exercises

Repeat each exercise times, times per day.


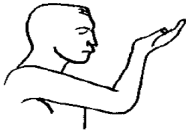

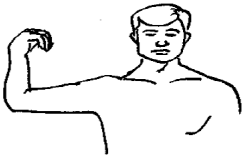
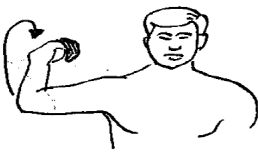
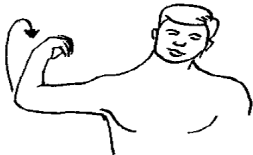
Hold each position for seconds.

A  Extend the arm with the elbow straight and the wrist and fingers bent.	B  Extend the arm with the elbow and fingers straight, bend the wrist back.	C  Bend the elbow, keeping the fingers straight and wrist back.
D  Stretch arm to the side, bend wrist and fingers.	E  Same as D but circle whole arm backwards.	F  Same as E and tip head to opposite side.

Ulnar nerve exercises - post-operative.

Repeat each exercise times, times per day.



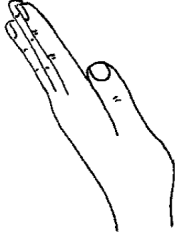
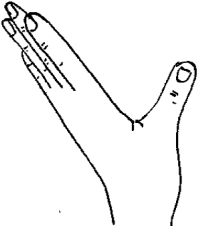
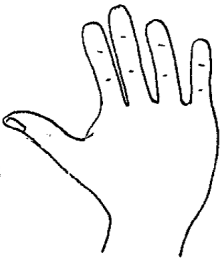

Hold each position for seconds.

A  Straighten arm out in front of you. Bend at the elbow and gently bend wrist and fingers.	B  Straighten your fingers and bend your wrist back.	C  Straighten arm out in front of you keeping fingers straight and bend wrist back.
D  Stretch arm out to the side. Bend the elbow, fingers and wrist.	E  Same a D, but circle whole arm backwards.	F  Same as E, but tilt head over to the opposite side.

Median Nerve

Repeat each exercise times, times per day.

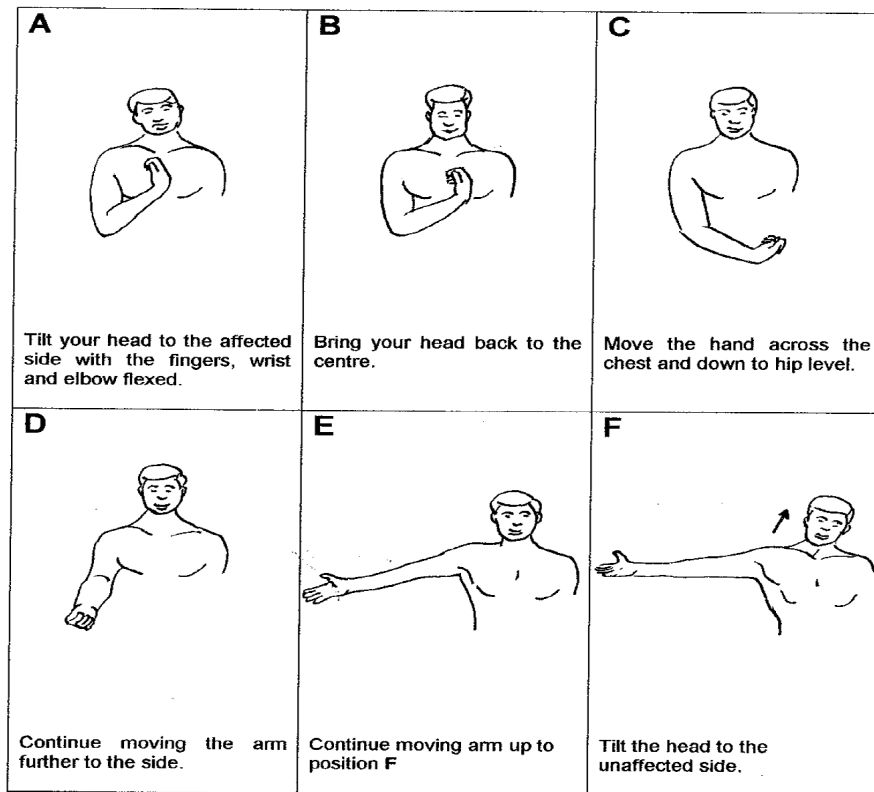
Hold each position for seconds.

A  Hold wrist straight and make a fist.	B  Hold wrist straight and straighten fingers and thumb.	C  Hold fingers straight with thumb against side of hand. Bend wrist back.
D  As C with thumbs out.	E  As position D with palm up toward ceiling.	F  As position E with other hand gently stretching thumb.

Brachial Plexus Nerves - post-operative

Repeat each exercise times, times per day.

Hold each position for seconds.



Who can I contact if I have any concerns or questions about the exercises?

If you have concerns or queries about any aspect of these exercises please speak to your therapist.

Name of therapist:

Contact telephone number:.....

Out of hours / emergency contact instructions:

.....

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。