

Nerve Gliding Exercises



Position 1: While the wrist is in a neutral position, bend the fingers and thumb into a fist with the thumb facing you



Position 2: Extend the fingers and thumb with the wrist in a neutral position



Position 3: Extend the fingers while keeping the wrist and thumb in neutral



Position 4: Extend the wrist, fingers and thumb



Position 5: Continue with position 4, but with the palm facing up



Position 6: Continue with position 5 and use the other hand to gently stretch the thumb

Brachial Plexus Nerve Gliding Exercises Nehand

Jörg Bahm



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Brachial Plexus Injuries Robert D. Leffert, 1985 **Brachial Plexus Injury** Jörg Bahm, 2022-01-26 In this book specialists from different countries and continents share their knowledge and experience in brachial plexus surgery It discusses the different types of brachial plexus injury and advances in surgical treatments **The Brachial Plexus** Robert S. Boome, 1997 Designed for hand orthopaedic and general surgeons and for physical therapists this book is concerned with the brachial plexus

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