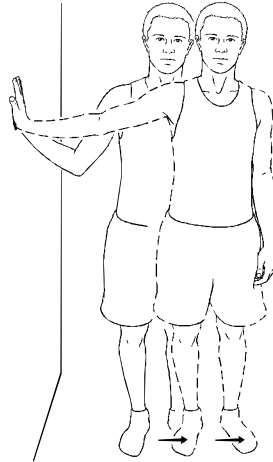


UPPER EXTREMITY - 7  
 MEDIAN NERVE:  
 Mobilization VII

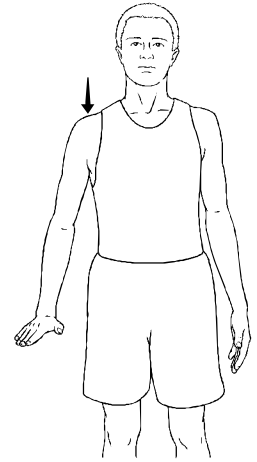
Stand with right palm flat on wall, fingers up, elbow bent. Sidestep away from wall, straightening elbow. Keep palm flat on wall.



Do 3 sets of 15 repetitions per session. Do both sides.  
 Do 1 sessions per day.

UPPER EXTREMITY - 15  
 MEDIAN NERVE:  
 Mobilization XV

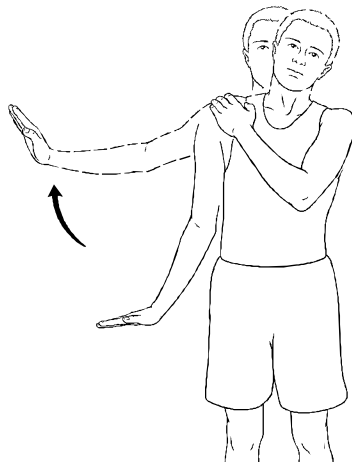
Stand with right arm slightly out from side, hand and fingers pulled up, palm down. Depress shoulder. Hold for 2 count.



Do 3 sets of 15 repetitions per session per side.  
 Do 1 sessions per day.

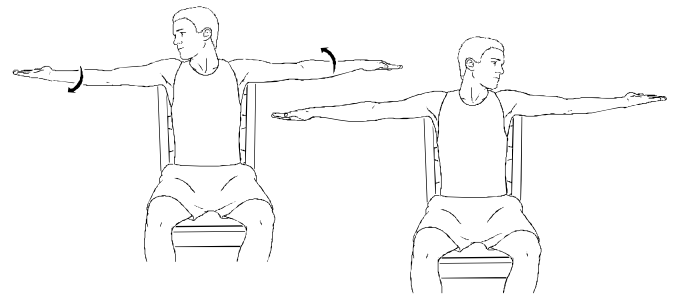
UPPER EXTREMITY - 19  
 MEDIAN NERVE:  
 Mobilization XIX

With right arm slightly out from side, palm down, hand and fingers pulled up, arm turned out from side and raised, shoulder held down with opposite arm. Tilt head away. Do all of this in one motion. Pause and repeat.



Do 2 sets of 15 repetitions per session per side.  
 Do 1 sessions per day.

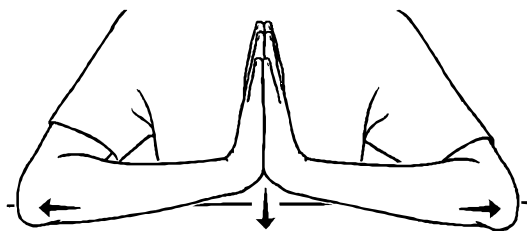
UPPER EXTREMITY - 31 MEDIAN NERVE:  
 Dynamic Mobility V



Sit with arms out at shoulder height, one palm down, one up, head turned to one side. Simultaneously turn palms and turn head to other side.

Do 3 sets of 30 repetitions per session.  
 Do 1 sessions per day.

HAND - 16 Wrist Flexor Stretch

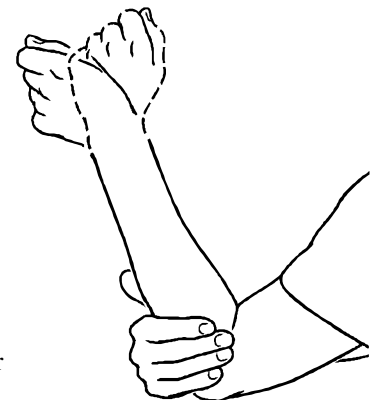


Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 3-5 seconds. Relax.

Repeat 10 times per set. Do 3 sets per session.  
 Do 1 sessions per day.

HAND - 42  
 AROM: Wrist Radial / Ulnar Deviation Against Gravity

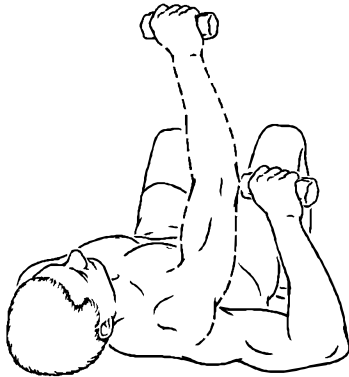
With thumb toward face, gently bend right wrist toward body, then away. Keep elbow bent and supported.



Repeat 20 times per set.  
 Do 3-4 sets per session per side.  
 Do 1 sessions per day.

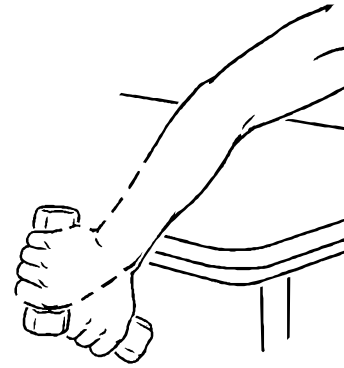
HAND - 72 Elbow Extension: Press – Resisted

Lie on back, 1-3 pound weight in right hand, arm out to side, elbow bent. Press arm toward ceiling. Return slowly.



Repeat 20 times per set.  
Do 3 sets per session per side. **PUSH TO CENTER**  
Do 1 sessions per day.

HAND - 65 Wrist Ulnar Deviation: Resisted



With right thumb down and 1-3 pound weight in hand, bend wrist up. Return slowly. Full range of motion.

Repeat 15 times per set. Do 3 sets per session.  
Do 1 sessions per day. Do both arms.