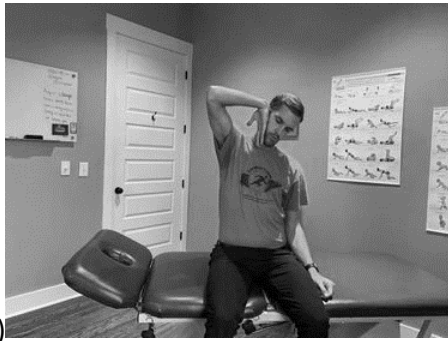


Median Nerve Flossing



A)



B)

1. Start seated tall with a neutral spine, back support with a chair can help.
2. Using one hand, place the back of the hand to your same-side cheek and lean your head to the opposite side. (picture A)
3. Keeping a neutral neck, lean head to the opposite side as you open that arm and drop the palm up fingers and hand to the floor. (picture B)
4. Only go to where you feel reproduced symptoms in the moving arm as you do not want to push past the pain or stretch.
5. Slowly return head and arm back to start position.
6. Perform 10 reps every 2 hours, or at your doctor's recommendation.

*This motion should not create any pain or stretching type feeling. Only perform the movement until you feel the stretch in any part of the moving side, from neck to fingertips.



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174