

Phase 3

GOOD FOR:

- Reducing nerve pain sensitivity
- Improving nerve mobility and stretch tolerance
- Preventing nerve-related neck pain and injury

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 reps with 5- to 10-second holds
- Stop or back off the stretch if you feel tingling, numbness, or shooting pain

Once nerve sensitivity calms down, add phase 3 exercises from the Neck Pain protocol to prevent future flare-ups

median nerve tensioner

Lift your arm out to your side so that your shoulder is at 90 degrees and your palm is facing up. Extend your wrist (fingers toward the ground). Keeping your elbow straight and wrist bent, slowly tilt your head away from your extended arm by moving your ear toward your opposite shoulder without rotating or moving your head up or down. Hold this position at maximum tension without pain for 5-10 seconds, then go back to the start position and repeat 3 times..



radial nerve tensioner

Bend your elbow and position your thumb near the center of your upper chest. Start to extend your elbow out to the side of your body. As you extend, slowly bend your head by moving your ear toward your opposite shoulder and flex your wrist. Hold this position at maximum tension without pain for 5-10 seconds, then go back to the start position and repeat 3 times.



ulnar nerve tensioner

Start with your arm extended out to your side with your palm facing down and your shoulder at 90 degrees. Simultaneously bend your elbow, get your palm to face the ceiling, and reach toward your head. At the same time, bend your head toward your opposite shoulder. Hold this position at maximum tension without pain for 5–10 seconds, then go back to the start position and repeat 3 times

