

Phase 1

GOOD FOR:

- Alleviating nerve pain in the wrist and hand
- Relieving muscle tension
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Tools: small massage ball, foam roller

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

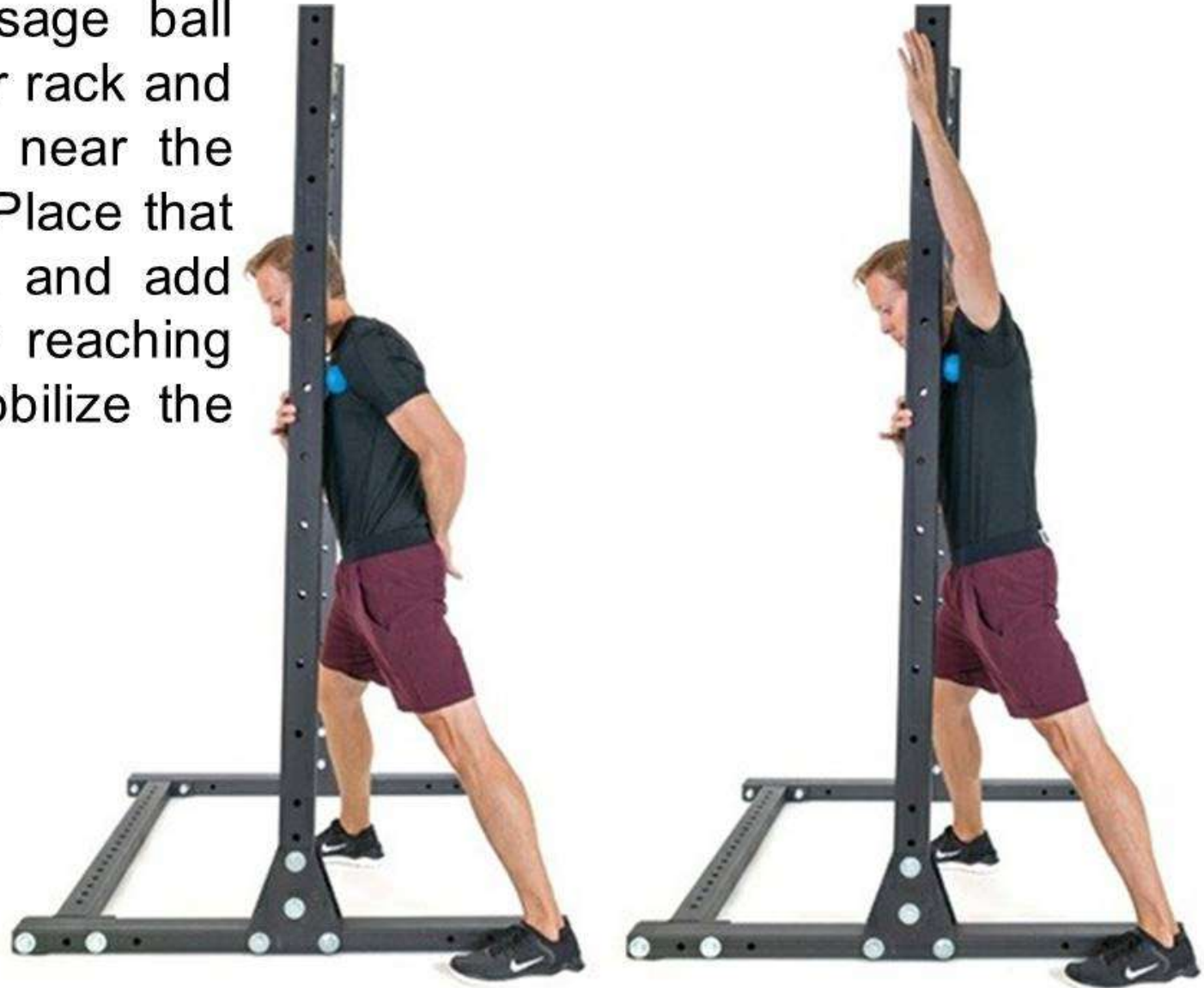
Phase 1

SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds

pectoral mobilization

Position a small massage ball between a doorframe or rack and your pectoral muscles near the front of your shoulder. Place that arm behind your back and add dynamic movement by reaching overhead to further mobilize the muscles.



wrist flexor mobilization

Lay your arm out straight on a bench or table with your palm facing up. Press the ball into your forearm flexor muscles (where the bottom of your forearm connects to your elbow) and massage around the area. Add dynamic movement by extending your wrist while applying steady pressure with the ball.



Phase 1

MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM)—move as far as you can without pain
- Pause at end range for 2–3 seconds

median nerve slider mobility 1

Start with your arm out to your side with your shoulder at 90 degrees, your elbow and wrist bent, and your head titled away from your elevated arm. In one fluid motion, straighten your elbow, extend your wrist, and move your head toward your arm. Go back and forth between these positions to mobilize the median nerve.



median nerve slider mobility 2

Position your shoulder and elbow at 90-degree angles with your palm facing forward. Splay your fingers and thumb, then bring them together to mobilize the median nerve.



angel

Position your spine over a foam roller so that your head and tailbone are supported. Start with your arms at your sides and palms up, then reach as far overhead as you can without pain.

