



DOORWAY STRETCH

From a standing position, place each hand opposite each other on the doorway. (You can change where you feel the stretch by moving arms higher or lower.) Step through with one foot and bend front knee until a stretch is felt across the chest and/or shoulders and hold. Step through with the opposite foot on the next rep.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds



MEDIAN NERVE GLIDES

From a standing position place your finger tips on a wall with your fingers pointed towards the ceiling, gradually straighten your elbow and press your hand flat whilst also SLOWLY turning your head away from the wall. If you experience pain, you are pressing too hard. Repeat on opposite arm.

****Note:** Nerves aren't like muscles where they like to be stretched, they like to GLIDE-- once you feel the stretch, back off the stretch and go back to the starting position

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds



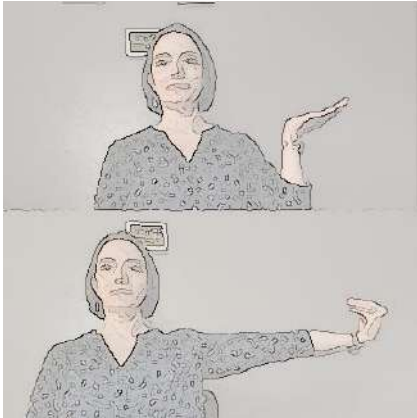
RADIAL NERVE GLIDES

Start with right palm on wall, elbow straight and finger tips facing backwards. SLOWLY turn your head and body away from the wall until you feel a pull through the arm. Once you feel stretch, return to starting position. If you experience pain, you are pressing too hard. Repeat on opposite arm.

****Note:** Nerves aren't like muscles where they like to be stretched, they like to GLIDE-- once you feel the stretch, back off the stretch and go back to the starting position

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds



COBRA/TRAY NERVE GLIDES

With your arm outstretched bend your wrist with fingers flexed toward you. Then bend your elbow and place your hand in a position like you're holding a tray--palm up, elbow bent, wrist bent back and fingers extended. Repeat on opposite arm.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds