

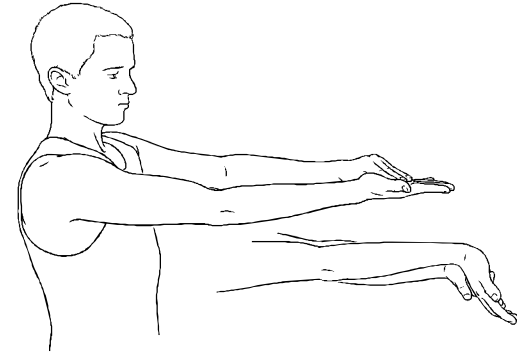
UPPER EXTREMITY - 1  
MEDIAN NERVE:  
Mobilization I

Stand with left elbow resting at side, palm up. Use opposite hand to pull hand back, fingers relaxed.



Do 2 sets of 10 repetitions per session.  
Do \_\_\_\_\_ sessions per day.

UPPER EXTREMITY - 2 MEDIAN NERVE:  
Mobilization II

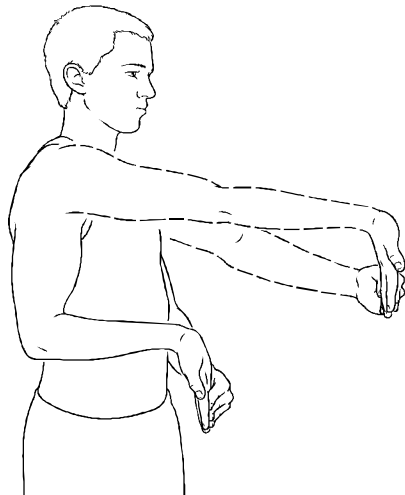


Stand with right arm in front of body, palm up. Use opposite hand to pull hand back, fingers relaxed.

Do 2 sets of 10 repetitions per session.  
Do \_\_\_\_\_ sessions per day.

UPPER EXTREMITY - 5  
MEDIAN NERVE:  
Mobilization V

Stand with right elbow resting at side, palm out, hand and fingers pulled back with opposite hand. Keeping hand and fingers pulled back, straighten elbow.



Do 2 sets of 10 repetitions per session.  
Do \_\_\_\_\_ sessions per day.