Radial Nerve Sliders

INSTRUCTIONS:

• Place a rolled towel behind your back

• The arm you aim to exercise should stay down at your side

• Reach back and grab the bottom end of the towel

• The opposite hand reaches up to grab the end of the towel over your shoulder

• Extend your top arm all the way out to the top pulling the towel upwards which will pull your bottom arm up allowing for a nice stretch, ache or even a few pins and needles or tingles, which is expected

• Flex the top arm allowing the bottom arm to pull the towel back down again

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Sit on a chair or table with arms straight out in front of you

• Reach your hands together and intertwine your fingers

• Gently stretch your arms up over your head while taking a deep breath

• Feel a good stretch but do not hold for too long

• Return arms to starting position

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Hold a ball in one of your hands (any ball will do)

• Reach behind your back and pass the ball to your other hand

• Bring the ball to the front, pass to the original hand, and repeat

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

- Look at your palm with your hand in front of your face
- Extend your arm out to the side and slightly behind with your palm facing up
- As you reach back, turn your head away from the arm you are stretching
- Get a nice, easy stretch (you may get a few tingles with is OK)
- Return your hand back to the starting position in front of your face
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
INSTRUCTIONS:

• Look at your palm with your hand in front of your face

• Extend your arm out to the side and slightly behind with your palm facing up

• Follow your hand with your eyes so that you are looking over your shoulder

• Get a nice, easy stretch (you may get a few tingles with is OK)

• Return your hand back to the starting position in front of your face

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day