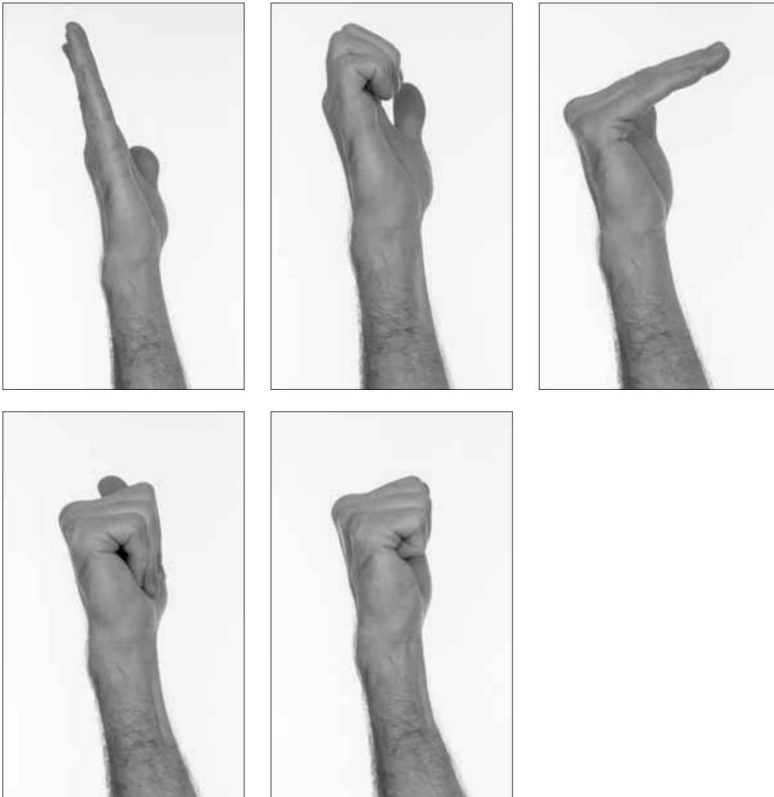


## Exercises

**REPEAT ALL EXERCISES 2-3 TIMES PER DAY**

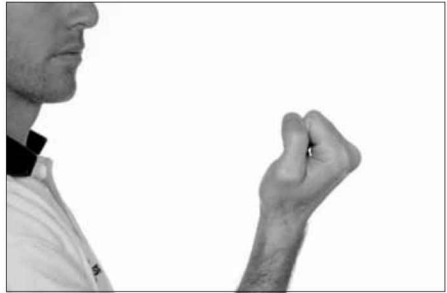
### **Exercise 1 – Tendon Gliding Exercise**



Go through the sequence of finger positions: Straight, Hook, Duck, Straight Fist and Full Fist 10 times. Make sure each movement flows into the next movement.

## Exercise 2 – Median nerve gliding no. 1

1. Wrist in neutral, fingers and thumb is bent



2. Wrist and thumb in neutral, fingers extended



3. Wrist and fingers extended, thumb in neutral



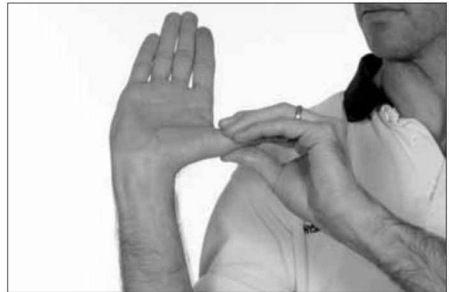
4. Wrist, fingers and thumb extended



- 5. As position 4 but turn forearm away from body



- 6. As position 5 with gentle stretch to thumb



Repeat the above exercise 3-5 times. Do the movements slowly.

Do not stay in **position 6** for any length of time. Stop and return to **position 1** if you feel a strong pull at any stage.

### Exercise 3: Median nerve gliding exercise, number 2

1. Begin with your elbow and your wrist bent across your chest.



2. Start to straighten out your elbow and your wrist.



3. Turn your forearm away from your body.



4. Straighten your elbow and your wrist to neutral and take your arm a short way out to the side.



5. Move your arm sideways away from your body.



6. Lastly tilt your head away from your arm.



Repeat the above exercise 3-5 times. Do the movements slowly. Do not stay in **position 6** for any length of time. Stop and return to **position 1** if you feel a strong pull in your arm at any time.

**Exercise 4: Gently squeeze rolled socks or a soft ball in your hand to improve your grip strength.**

Repeat ..... times as directed by your therapist.

**Exercise 5: Massage the scar firmly**

(with or without a simple moisturiser) 4 times a day for about 1-2 minutes.