

Median Nerve Gliding Programme

Position 1

Wrist in neutral, fingers and thumb in flexion



Position 2

Wrist in neutral, thumb and fingers extended



Position 3

Wrist and fingers extended, thumb in neutral



Position 4

Wrist, fingers and thumb extended



Position 5

As in position 4, but with forearm in supination (palm up)



Position 6

As in position 5, with other hand gently stretch thumb.



Sussex **MSK** Partnership

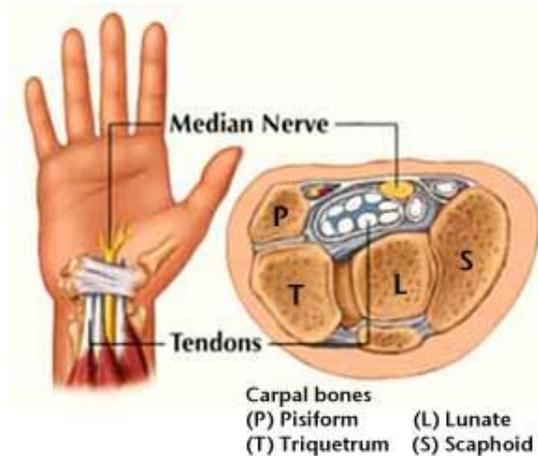
Central

MSK ICATS Hand and Wrist Service Non-Operative Treatment for Carpal Tunnel Syndrome



Carpal Tunnel Syndrome

Carpal Tunnel Syndrome is a common condition where one of the nerves supplying your hand becomes irritated or gets compressed at the wrist. The carpal tunnel is formed by the space between the bones of your wrist and a ligament that stretches across them. The tendons to your fingers run through the tunnel alongside one of the main nerves in your hand. This is called the Median Nerve.



What are the Signs and Symptoms?

- Discomfort at night
- Abnormal sensation
- Pins and needles in the tips of the fingers
- Pain
- Fingers feel useless and swollen
- A decrease in grip strength which can limit hand function

As symptoms worsen:

- The tingling sensation and numbness may be present during the day
- The decrease in grip strength may start limiting hand function
- You may have difficulty grasping small objects
- Lack of sensation over the finger tips can cause weakness in the hand

Conservative Management:

- Wrist position is an important aspect in managing the symptoms of Carpal Tunnel Syndrome. Positioning the wrist in straight position will help to decrease the pressure within the carpal tunnel.
- Splinting the wrist in a straight position can assist the symptoms
- Median nerve glides can also assist with relieving the pressure over the nerve at the Carpal tunnel.

Activity Modification

If certain movement or tasks are aggravating your symptoms, try modifying your activity. Avoid activities that involve repetitive and forceful wrist and finger motion. This type of activity will often bring on the typical symptoms of pins and needles and numbness in the tips of your hand.