



EFSHT Cheat Card

Interested in becoming an European Certified Hand Therapist?

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Median Nerve Glides

Shoulder and Wrist

Median Nerve Glides

a.

- Shoulder abduction
- Scapular depression
- Elbow extension and supination
- Wrist and finger extension
- Thumb extension
- Neck flexion towards affected side

b.

- Wrist flexion
- Neck flexion towards unaffected side

c.

- Elbow flexion
- Neck flexion to unaffected side

