

5-10 reps
1-2x/day.

Brachial Plexus Nerve Gliding Program



Sequence of Movement:

- Position 1: Head laterally flexed to the affected side with fingers, wrist, and elbow flexed.
- Position 2: The head comes to neutral
- Position 3: The hand has moved across the chest and down to hip level. The arm gradually abducts as it come to position 4.
- Position 4: Progress abduction through position 6.
- Position 5: Abduction of shoulder continues.
- Position 6: Abduction of shoulder completed.
- Position 7: Lateral cervical flexion to the opposite side is the final component of this glide.

