



Notes :

1 Neural mobility SLR



Lie on your back and hold your knee of the affected side from behind with both hands and pull it towards your chest.
Gently straighten your leg by straightening your knee and then pulling your toes toward you until a light stretch is felt while keeping your buttocks to the ground.
Slowly return to the initial position.

Reps: 10 Hold: 5 sec

2 Peroneal nerve mobility



Lie on your back.
Hold the knee of the affected side from behind with both hands and pull it towards your chest.
Gently straighten your leg by lifting your foot towards the ceiling until a light stretch is felt.
Pull your toes toward you and turn towards the inside.
Repeat as recommended.

Reps: 10 Hold: 5 sec

3 Sciatic nerve floss



Sit with a good posture, with head over shoulders, tall through the chest and with feet hanging down.
Slowly extend the involved knee and then pull your toes toward you until a stretching sensation is felt in the back of the leg.
You can intensify the stretch if you round out your back.

Reps: 10 Hold: 5 sec

4 T-Spine extension/rotation



Lie on your side with your legs bent together.
Place your hands together in front of your chest and keep your bottom arm on the floor, while your other arm reaches up over your head and around the back in a circular-overhead motion.
Make sure to rotate your trunk as your arm goes back
Bring your hand back over the other to get back to the starting position and repeat.

Reps: 10-20

5 Median nerve mobilization 3



Raise your right arm out to the side up to a level that is comfortable (no higher than 90 degrees) with the thumb up
Tilt or rotate your head to the L and extend your wrist back
Perform in a gentle, relatively pain free range

Reps: 10 Hold: 5 sec



6 Radial nerve mobilization 2



Stand up comfortably.
Start with your hand at neck level and look at your hand.
Move the arm out and down as you rotate the arm inward, pronate the forearm and flex the wrist.
Turn your head in the opposite direction as you move your arm.
Do not execute the exercise too fast; the symptoms can arise quickly. Stop the movement at the edge of where your symptoms are reproduced.

Reps: 10 Hold: 5 sec

7 Neural ulnar mobilization



Stand and make a circle with your thumb and index finger. Bring your hand to your face and rotate your wrist, making glasses around your eye with your thumb and index. The other fingers are pointing down along your cheek.
Pull your elbow backwards and maintain the position when you feel a gentle stretch. Repeat.

Reps: 10 Hold: 5 sec



Notes :



① Neural mobility SLR

Reps: 10 Hold: 5 sec

GEN8174



② Peroneal nerve mobility

Reps: 10 Hold: 5 sec

GEN17718



③ Sciatic nerve floss

Reps: 10 Hold: 5 sec

GEN196614



④ T-Spine extension/rotation

Reps: 10-20

GEN280312



⑤ Median nerve mobilization 3

Reps: 10 Hold: 5 sec

GEN97206



⑥ Radial nerve mobilization 2

Reps: 10 Hold: 5 sec

GEN97208



⑦ Neural ulnar mobilization

Reps: 10 Hold: 5 sec

GEN13728