

# IMG PHYSICAL THERAPY

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## Upper Extremity Nerve Gliding (Tray) Home Exercise Sheet with Cervical Retraction / Thoracic Extension

Rehabilitation of the upper extremity may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the arms can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- \* Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- \* Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- \* Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- \* You should experience stretching sensations, but the exercise should not increase the pain or swelling.
- \* Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

This exercises are to be done 1-2 time per day.

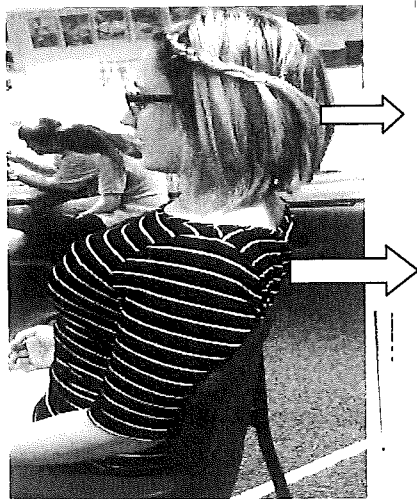
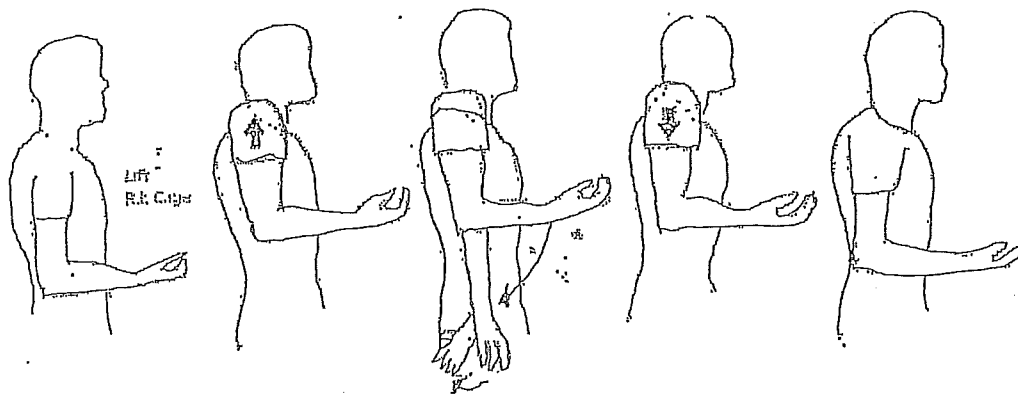
## The Tray Exercise

-The purpose of this exercise is to glide the nerves to allow for improved motion while performing in safe range.

### Correct Performance of the Exercise:

1. Start by lifting your rib cage as high as possible (Can often be accomplished by taking in a deep breath)
2. Bend both Elbows to 90° so that your palms are facing up. Imagine that you are carrying a full tray.
3. Lift your shoulders straight up towards your ears. Must be done in a pain-free range.
4. Straighten your elbows, while keeping shoulders shrugged up.
5. If still pain/symptom free attempt to bend wrist so palms are facing UP / DOWN.
6. Return arms to step #2, as if holding a tray
7. Relax / lower your shoulders to a natural position.

**Frequency:** The exercise should be performed up to 30 times a day. In the beginning 10-15 at a time will be tough enough. Remember that the exercises should not cause pain or increase your symptoms dramatically.



Sit in a straight back chair supported to the level of your shoulder blades. Your bottom should be as far back in the chair as possible. Relax against the back of the chair.

Slowly draw your head backwards, keeping your eyes level.

The movement is similar to avoiding something being pushed in your face. Try to make the movement smooth and draw your head further back with each repetition.

Perform 30 repetitions every Day.