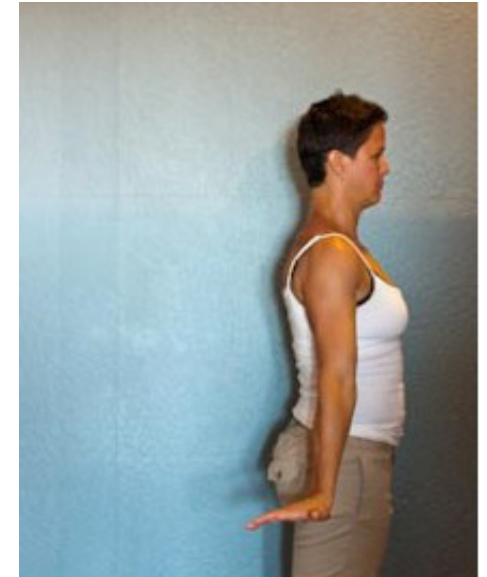
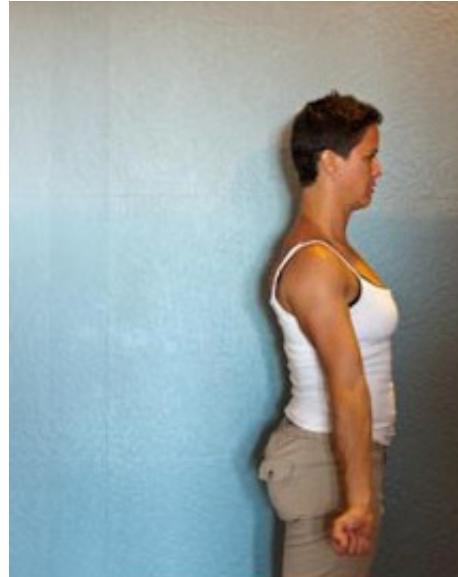
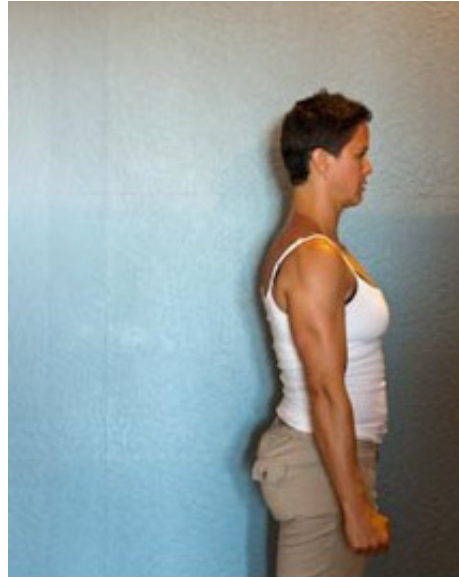


**Median nerve bias**



Stretch nerve, median nerve bias. Requires physical therapist to instruct and monitor before you perform. Lower intensity than a muscle stretch. Usually a pumping action.

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.