

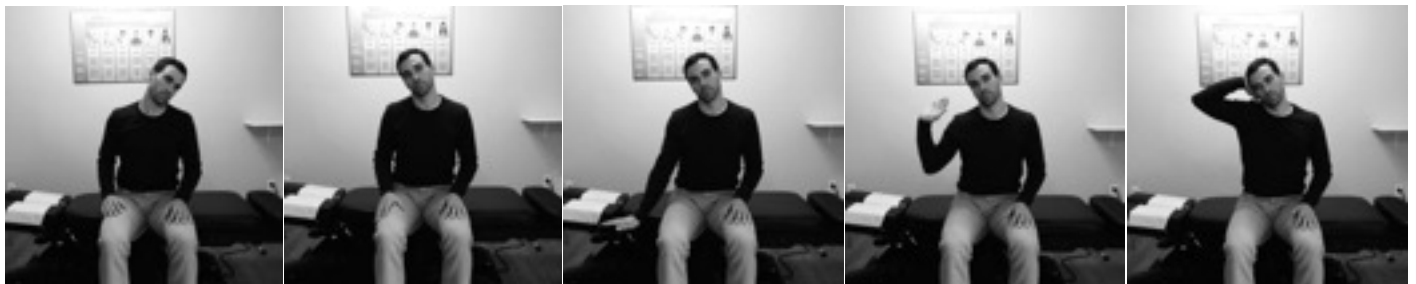
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Nerve Flossing

The Arm

Just like flossing your teeth, nerve flossing is utilized to create relative glide of the nerve through other structures in your body to help break any formed adhesions or scar tissue

The following pictures show the five step progression for sciatic nerve flossing.



1. Start seated in a relaxed position with head tilted (ear to shoulder)
2. Tilt head to opposite side. This will be the same side that you will move your arm.
3. Extend your arm to your side and bend your wrist so the back of your hand is facing the ceiling
4. With your wrist bent, bring it towards your head by flexing at the elbow
5. If no pain or discomfort is felt, lift your elbow towards the ceiling while wrist and elbow are in the same position.
6. Relax arm and then move neck to opposite side and perform with other arm.

Complete 5-8 repetitions per side, with each 5 steps progression counting as one repetition.

Do 3-5 times a day. 4x/week.

Stop if pain is getting worse.