

Nerve Gliding Techniques

Longsit Slump

Place yourself in the starting position as shown. You should slump your head down last and place it in a position that you are just barely feeling the tension in your affected area.



Move the hand and leg together as in the picture. Do not hold. Move with continuous motion. It should take around 5 seconds to complete one repetition.



You may notice that you no longer feel any tension after a few repetitions. At that point re-adjust your starting position so that you are once again just barely feeling the tension.

Repetitions _____

Perform _____ times daily.

Important:

Do not take the movement to the point of feeling strong tension. You should only just barely feel tension with the movement.