MOVEMENT SHEET · ABOUT 6 MINUTES

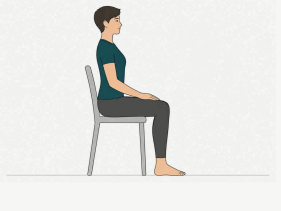
Nerve Glide Drill Sheet

Gentle, slow drills that support healthy movement of your nerves and better posture during recovery. If you're not a JFC patient, don't start these drills until a licensed provider has checked them for you.

SLOW AND SMALL

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness. Nerve glides should feel like a gentle stretch or mild tension, never pain, burning or electric zaps. **Go to the ER** for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.



01 Chin Tuck

NECK · **5 × 3-SEC HOLD**

Sit tall. Glide your chin straight back, like making a double chin. Keep your eyes level.

Level up: Do it lying on your back, head on a thin pillow.



02 Pelvic Tilt

LOW BACK · **10 SLOW**

Lie on your back, knees bent. Gently flatten your low back into the floor, then relax.

Level up: Add a 3-second hold at the top.



03 Seated Leg Glide

BACK + LEG · **5–8 EACH SIDE**

Sit tall. Slowly straighten one knee as you look up; bend the knee as you look down. Smooth, like a slider.

Level up: Once the basic version feels easy, bring your chin down as the knee straightens.

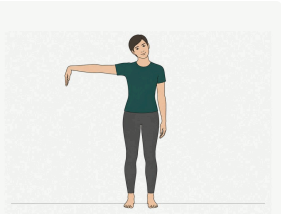


04 Lying Leg Glide

BACK + LEG · **5–8 EACH SIDE**

Lie on your back, hold behind one thigh. Slowly straighten and bend the knee. Stop well before any tingling.

Level up: Point and flex the ankle as you go.



05 Arm Glide

NECK + ARM · **5–8 EACH SIDE**

Arm out to the side, palm up. Bend the wrist back as you tilt your head away; return as you tilt toward.

Level up: Hold each end for 1 second.



06 Posture Reset

WHOLE SPINE · **3 BREATHS, HOURLY**

Sit or stand tall: ears over shoulders over hips. Breathe in through your nose, relax your shoulders down.

Level up: Set a phone reminder every 45–60 minutes.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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HOW TO DO THEM WELL

Glides, not stretches

A nerve glide is a gentle slide, not a hold. Think “floss,” not “pull.”

THE FIVE RULES

01 **Slow and smooth.** About 2 seconds each direction.

02 **Small range first.** Stop well before you feel tingling or pulling. Bigger isn’t better.

03 **Breathe.** Exhale as you move into the glide.

04 **Fewer is fine.** 5 easy reps beats 15 hard ones.

05 **Check the next day.** If you feel worse the next morning, drop back to fewer reps or skip glides until you check in with your provider.

WHEN TO DO THEM

- Once or twice a day, or as your provider recommends
- After a short walk, when you’re warm
- Not right after a long car ride if you feel stirred up; walk first

WHAT IT SHOULD FEEL LIKE

FEELING	WHAT TO DO
Gentle stretch or mild tension	Fine. Keep going.
Brief tingle that fades in seconds	Make the movement smaller.
Pain, burning, zaps, or tingling that stays	Stop. Tell Dr. Fair.
Symptoms spread further down the arm or leg	Stop and call (209) 521-1122.

MY NOTES

! **STOP RULE: READ FIRST**

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