

NeuroGlides for Arm Numbness/Tingling

Hold each position for 5 seconds and repeat 4 times. Do these 2 times a day and 4 times a week.



1a



1b

Left picture then do right picture



3a



3b

Tuck/ pull chin backwards and pull arm backwards. One arm at a time.



4

Bring arm backwards with palm up (grabbing a baton) and look at your hand



6



7

Hands up, arms bent, Pinch the shoulders backward



Keep elbows level and bring your hands up. Stop raising once the back of hands start to not touch.

Keep elbows level and bring your hands down. Stop lowering once the palms start to not touch.