



ECHT

EUROPEAN CERTIFIED
HAND THERAPIST

EUROPEAN FEDERATION OF SOCIETIES FOR HAND THERAPY

EFSHT Cheat Card

Interested in becoming an European Certified Hand Therapist?

www.eurohandtherapy.org

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Median Nerve Glides

Shoulder and Wrist

Median Nerve Glides

A

Shoulder abduction
Scapular depression
Elbow extension and supination
Wrist and finger extension
Thumb extension
Neck flexion towards affected side

B

Wrist flexion
Neck flexion towards unaffected side

C

Elbow flexion
Neck flexion to wards unaffected side

