



FIGURE 24-29. Dural stretch in supine lying with a belt wrapped over the shoulder and around the knee to maintain scapular depression. **(A)**For median nerve bias, the arm, flexed at the elbow, is abducted to the tension point and externally rotated, with the forearm supinated and the wrist and fingers extended. The elbow is then slowly extended to produce the stretch. **(B)**For radial nerve bias, the arm, flexed at the elbow, is abducted and internally rotated, the forearm is pronated, with the wrist flexed. The stretch is produced by slowly extending the elbow. **(C)**For ulnar nerve bias, the arm, flexed to a right angle at the elbow, is abducted and externally rotated, the forearm is pronated, with the wrist extended. The stretch is produced through further flexion of the elbow.