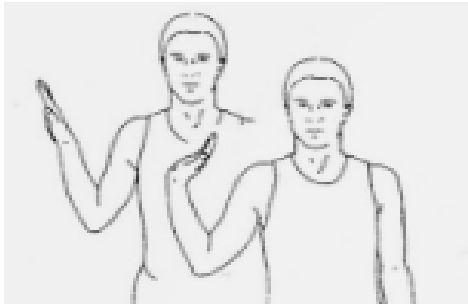




ULNAR NERVE GLIDES

Perform the following exercises 1-2 times a day. ***Move without force.*** Maximum 15 reps

Stand with elbow bent, palm facing out. Bend hand and fingers in toward the shoulder. Return to neutral wrist.



Stand with arm at shoulder height, hand bent back, fingers straight. Bend the elbow then straighten.



Stand with both arms at shoulder height, internally rotated with thumbs pointing to the ground. Bend the elbows, bringing your hands together in front of your chest.

