

Exercises

REPEAT ALL EXERCISES 2-3 TIMES PER DAY

Exercise 1a and b – Elbow Range of Movement Exercise

- 1a. This bending and straightening exercise for the elbow can be completed in lying or sitting.



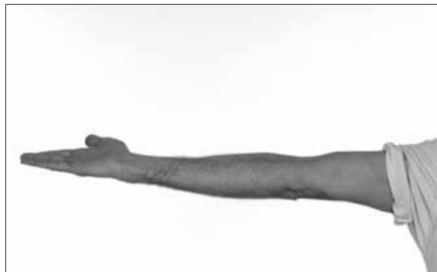
- 1b. Keep your elbow still at your side and twist your palm up to face the ceiling and then down to face the floor.



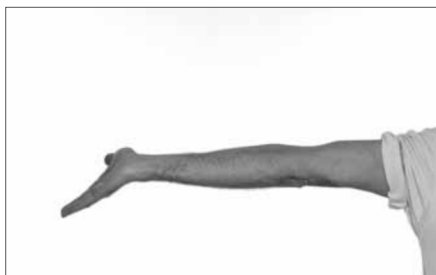
Repeat the above exercises 3-5 times

Exercise 2 – Ulnar nerve gliding Exercise

Exercise A:



Start using the sliding technique above. As you bend the elbow toward you tilt the wrist back. Keep your head in a neutral position during this exercise. Once you can do this comfortably, progress to exercise B:



Move the elbow from a bent position to straight. Keep the wrist bent backwards throughout this movement.

Repeat the above exercise 3-5 times. Do the movements slowly.

Do not stay in end position for any length of time. Stop if you feel a strong pull or pain at any stage. You do not have to get the arm completely straight – go as far as is comfortable.