Ulnar Nerve Gliding Exercises

Perform these exercises IN THE EXACT ORDER (1→6) that is shown on this page.

Perform these exercises _____ times each _____ times a day.

Position 1
Take your arm out straight in front of you at shoulder height. Make a fist with your hand and face it towards the ceiling.

Position 2
Same as position 1 except uncurl fingers and bend wrist towards the floor.

Position 3
Same as position 2 except bend your elbow and place hand parallel to the floor.

Position 4
From position 3 stretch your arm out straight and move your arm out to the side of your body at shoulder height.

Position 5
Same as position 4 except turn your arm and hand facing backwards.

Position 6
Same as position 5 except tilt your head towards the opposite shoulder.

Please contact your therapist if you have any queries or concerns.

Therapist: ______________________________   Phone: (07) 3646 7100