

# 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**



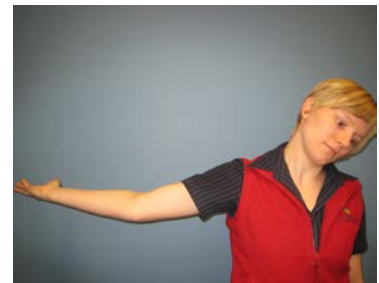
From position 3 stretch your arm out straight and move your arm out to the side of your body at shoulder height.

**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**