

Ulnar Nerve Glide



1. Ulnar Nerve Glide

- Stand upright and make a circle between the thumb and index finger of your affected arm.
- Hold this hand up by your ear and then rotate your fingers away from you towards your little finger.
- Start to bring your bent elbow out to the side and then bring the palm of your hand towards the side of your face until you reach the point of tension. Do not push any further.
- At this point, tilt your head away from this side, whilst simultaneously moving your hand away from the side of your head.
- As you lift and move your head back to the centre, bring your hand back to the side of your face.
- Perform this exercises in one fluid movement.
- **Perform 5 reps, 3 sets.**