Ulnar Nerve: Butterfly

- Place your hands on the side of your head
- Elbows face forward
- Push your elbows backward - towards the wall (or bed if you do this laying down)
- Go as far as you can - Get a nice, easy stretch (may get a few tingles...which is OK)
- Return elbows forward again
- Do not hold
- Repeat _________ times
- Repeat _________ sets
- Repeat _________ times per day

* In very painful neck patients this exercise should be done in supine
Ulnar Nerve: Side Walks

- Place your hands on your hips
- Feet shoulder width apart
- Lean over to your left (with your trunk) and slide your right hand up on the trunk a little
- Lean over to your right (with your trunk) and slide your left hand up on the trunk a little
- Repeat this left/right trunk motion till your hands go as high as they can
- Slide the hands down the side to the starting position
- Repeat.
- As you do the trunk motions take some nice deep breaths as well.
- Repeat _________ times
- Repeat _________ sets
- Repeat _________ times per day
Ulnar Nerve: Towel Sliders

- Place a towel behind your back
- The arm you aim to exercise should be holding the towel next to your head and the other arm reaching backward behind the back grabbing the other end of the towel
- Extend your top arm all the way out to the top pulling the towel upwards
- Once you reach the end, flex the elbow down and pull with the bottom arm
- Do not hold the stretch. Moving up and down is key. You may get a nice stretch, ache or even a few pins and needles or tingles, which is expected
- Repeat __________ times
- Repeat __________ sets
- Repeat __________ times per day
Ulnar Nerve Glides

- Place your hand over your ear, with your elbow still facing forward
- Gently pull your elbow back towards the wall till you feel you have reached the end
- You may feel a good stretch, ache or even a few pins and needles or tingles, which is expected
- Bring the elbow forward again
- Bring the arm down
- Repeat __________ times
- Repeat __________ sets
- Repeat __________ times per day