

ULNAR NEUROPATHY REHABILITATION EXERCISES

You may do all of these exercises right away.

1. ACTIVE NECK ROTATION: Sit in a chair, keeping your neck, shoulders, and trunk straight. First, turn your head slowly to the right. Move it gently to the point of pain. Move it back to the forward position. Relax. Then move it to the left. Repeat 10 times.

ACTIVE NECK ROTATION



6. ACTIVE ELBOW FLEXION AND EXTENSION: Gently bring your palm up toward your shoulder and bend your elbow as far as you can. Then straighten your elbow as far as you can 10 times. Do 3 sets of 10.

ACTIVE ELBOW FLEXION AND EXTENSION



2. ACTIVE NECK SIDEBEND: Sit in a chair, keeping your neck, shoulders, and trunk straight. Tilt your head so that your right ear moves toward your right shoulder.

Move it to the point of pain. Then tilt your head so your left ear moves toward your left shoulder. Make sure you do not rotate your head while tilting or raise your shoulder toward your head. Repeat this exercise 10 times in each direction.



ACTIVE NECK SIDEBEND

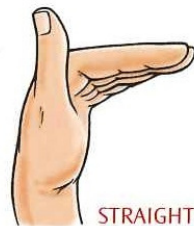
3. NECK FLEXION: Sit in a chair, keeping your neck, shoulders, and trunk straight. Bend your head forward, reaching your chin toward your chest. Hold for 5 seconds. Repeat 10 times.

NECK FLEXION



WRIST STRETCH

7. WRIST STRETCH: With one hand, help to bend the opposite wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets on each hand.



STRAIGHT FINGER FLEXION

8. STRAIGHT FINGER FLEXION: Make a right angle with your knuckles and keep your fingers straight. Hold this position for 10 seconds. Repeat 5 times.



NECK EXTENSION

4. NECK EXTENSION: Sit in a chair, keeping your neck, shoulders, and trunk straight. Bring your head back so that your chin is pointing toward the ceiling. Repeat 10 times.

9. FINGER SQUEEZE: Practice squeezing items between each of the fingers on one hand. You can use paper, pens, and sponges. Hold for 10 seconds. Repeat 5 times for each finger.

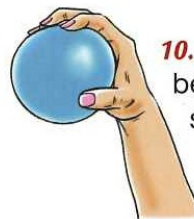
FINGER SQUEEZE



5. SCAPULAR ACTIVE RANGE OF MOTION: Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze your shoulder blades back and together and hold 5 seconds. Next, pull your shoulder blades downward as if putting them in your back pocket. Relax. Repeat this sequence 10 times.



SCAPULAR ACTIVE RANGE OF MOTION



GRIP STRENGTHENING

10. GRIP STRENGTHENING: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.