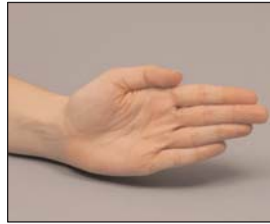
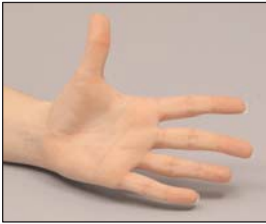




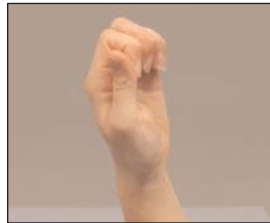
Ulnar Nerve Exercises – Hand

Perform only those exercises specified. **Do them slowly.** Do _____ repetitions _____ times per day.



1. Spread fingers and thumb apart. Hold _____ seconds.

Bring fingers and thumb tightly together. Hold _____ seconds.



2. Bend fingers at the large joints of the hand, keeping the smaller joints straight. Hold _____ seconds

Keeping the large joints of the hand straight, bend only the last two joints of the fingers, attempting to touch the base of your fingers. Hold _____ seconds



3. Using the uninvolved hand, hold the fingers straight and allow only the finger tips to bend. Hold _____ seconds.



4. Try to rotate the tip of the small finger to touch the tip of the thumb. Hold _____ seconds.



5. Beginning with the thumb in line with the index finger, bring thumb out and away from the hand. Hold _____ seconds.

Pull thumb back towards the index finger. Hold _____ seconds.