

Ulnar Nerve Gliding Program – Conservative



First Sequence

1. Position the affected arm straight in front of you at shoulder height with wrist and fingers bent toward you.
2. Slowly open the fingers and extend the wrist.
3. Bend the elbow.



Second Sequence

4. Position the affected arm straight out to the side at shoulder height with wrist and fingers bent.
5. Rotate the arm outward/externally.
 - Gently rotate arm forward and backward as instructed by therapist
6. Side bend neck to the opposite side.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.