

Cubital Tunnel - Ulnar Nerve Gliding Exercises

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Hold each position for 5 seconds, repeat series 3 to 5 times.

1.



Begin with your arm out, palm side of the hand facing up.

2.



Bend the elbow toward you, palm side facing you.

3.



Rotate the palm of your hand outward and bend your wrist so that the fingers are pointing towards you.

4.



Twist your wrist so that the palm of your hand is now facing upward.

5.



While your wrist remains bent, stretch out your arm into a straight position, with your fingers bent towards the floor.