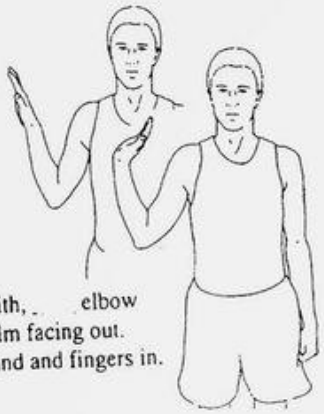
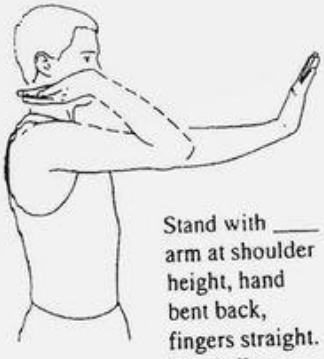
www.handshb.com

ULNAR NERVE GLIDES

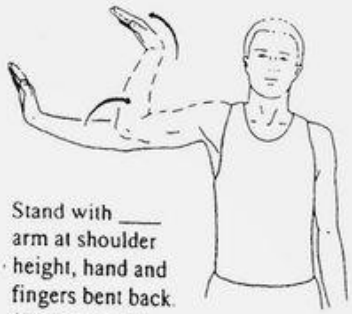
Perform **10** repetitions of the following exercises, **3** times a day



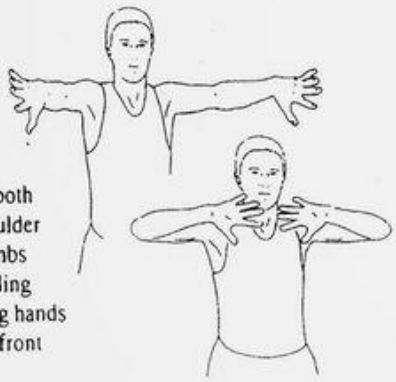
Stand with, _ elbow bent, palm facing out. Bend hand and fingers in.



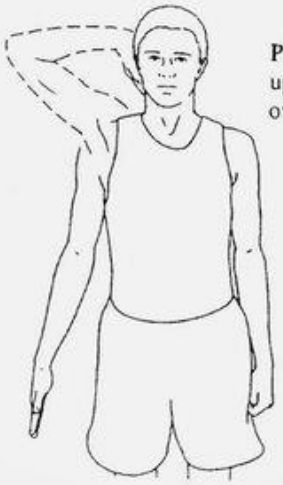
Stand with ___ arm at shoulder height, hand bent back, fingers straight. Bend elbow.



Stand with ___ arm at shoulder height, hand and fingers bent back. Simultaneously bend elbow and wrist.

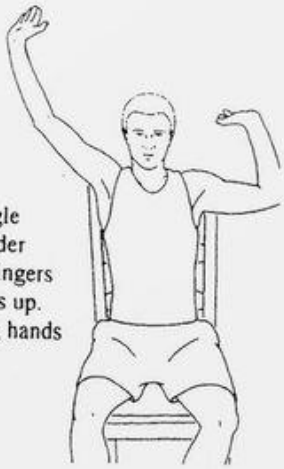


Stand with both arms at shoulder height, thumbs down. Bending elbows bring hands together in front of chest.



Place hand upside down over ear.

Touch index fingertip to tip of thumb. Keep fingers 3,4, and 5 straight. Make a face mask.



Elbows at 90° angle and arms at shoulder level, hands and fingers pulled back, palms up. Alternate pressing hands toward ceiling.