

Ulnar nerve

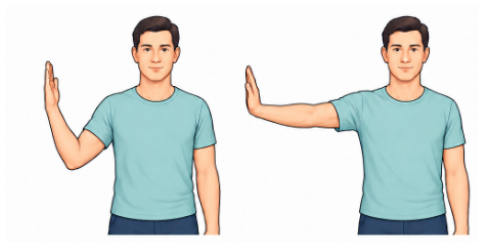
Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

01 Ulnar nerve · Push to the side



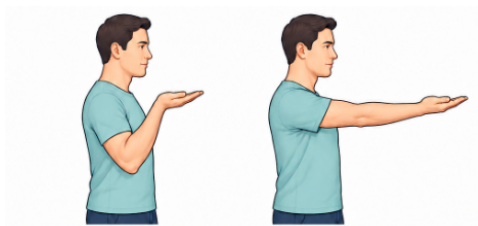
1. With your elbow bent next to your body, turn your palm outwards.
2. Move your hand to the side as if gently pushing an object.
3. Return to the starting position.

No equipment. Follow your clinician's plan. Do not seek a stretching sensation. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets Repetitions Times/day

Equipment / adjustments:

02 Ulnar nerve · Straighten your elbow forwards



1. Start with your elbow bent and your palm facing the ceiling.
2. Straighten your elbow forwards, keeping the same forearm orientation.
3. Bend it again without forcing.

No equipment. Follow your clinician's plan. Keep your palm facing in the same direction throughout the movement. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets Repetitions Times/day

Equipment / adjustments:



Ulnar nerve

Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

03 Ulnar nerve · Straighten your elbow to the side



1. Place your arm out to the side in the instructed position.
2. Straighten and bend your elbow within a comfortable range.
3. Keep your hand in the position indicated by your clinician.

No equipment. Follow your clinician's plan. Do not force the range or seek a stretching sensation. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets Repetitions Times/day

Equipment / adjustments:

04 Ulnar nerve · Move your hand towards your neck



1. Start with your arm relaxed. Bend your elbow and bring your palm towards the back of your neck.
2. Keep your head upright.
3. Return slowly. You do not need to touch your neck if you feel tightness.

No equipment. Follow your clinician's plan. Keep your head upright and avoid forcing the movement. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets Repetitions Times/day

Equipment / adjustments:



Ulnar nerve

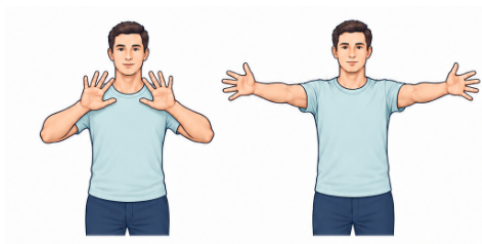
Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

05 Ulnar nerve · Open both arms



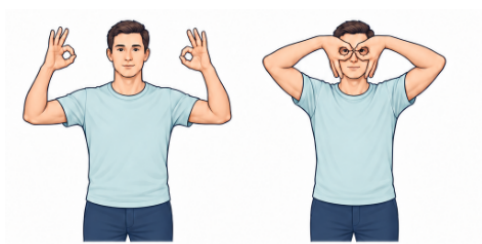
1. Place your hands in front of the base of your neck, with your palms facing forwards and elbows bent.
2. Straighten your elbows out to the sides, keeping your palms facing forwards.
3. Return slowly.

No equipment. Follow your clinician's plan. Use only the range of movement you have been instructed to perform. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets Repetitions Times/day

Equipment / adjustments:

06 Ulnar nerve · Hand glasses (advanced)



1. Make a circle with your thumb and index finger.
2. Bring it towards your eye with the other fingers pointing down, as illustrated.
3. Perform this only if pain-free and specifically prescribed.

No equipment. Only with specific clinical instruction. Advanced stage only, with specific clinical instruction. Do not perform this during the first weeks of treatment. If pain or tingling persist after finishing, stop the exercise and consult your clinician before repeating it.

Sets Repetitions Times/day

Equipment / adjustments:

