

Ulnar Nerve Glide

What is a nerve?

Nerves are how your brain sends messages to the rest of your body, and how your body sends messages back to your brain. Sometimes nerves get hurt.

What can I do for the pain?

Moving your arm and hand will help the nerves feel better. This exercise may help take some of the pain away.

What if it hurts?

These exercises should not hurt when you do them. Stop doing this exercise if your arm or hand goes numb, hurts too much, or starts tingling.



1. Start with your arm up and out to the side with the elbow bent. The palm should be facing your side.
2. Bend your wrist towards you.
3. Tilt your head towards your arm.
4. Hold your shoulder down with your other hand.
5. Hold.
6. Bend your wrist away from your side.
7. Tilt your head away from your arm.
8. Hold.

Hold this stretch for _____ seconds.
Repeat this exercise _____ times.
Do this exercise _____ times a day.