

Ulnar nerve exercises

Gentler movements

Face massage:

Place your hand onto your forehead and hold.



[VIDEO LINK](#)



Yahoo:

Circle your hand above your head as if circling a lasso.



[VIDEO LINK](#)



Don't listen:

Place the palm of your hand over our ear. Your fingers should rest round the back of your head.



[VIDEO LINK](#)



Smoking:

Turn your head towards your affected arm and pretend to be smoking a cigarette.



[VIDEO LINK](#)



For video demonstrations of the "Gentler movements" please click **VIDEO LINK** next to the exercise description.

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan the 'QR code' next to the exercise description.

NB Viewing this video may use some of your mobile data allowance.
We recommend waiting until you have a wifi connection.

Ulnar nerve exercises

Stronger movements

Crawl to the pits:

Steadily walk your hands up to your arm pits. Once you have reached as far as you can, gently side flex each way.



Plate exercise:

Imagine a glass of water on the plate you are holding and take it through the motion shown in the pictures without spilling the water.



Dry the back:

Use a towel and pretend to dry your back. The affected side should be the top arm in the diagram.



Sunglasses:

Make a circle with your thumb and index finger. Rotate your hands backwards and look through the circles made.

