

Exercise Prescription: Ulnar Nerve Flossing

Purpose of Exercise: This is a nerve mobilization aimed at restoring normal nerve movement of the ulnar nerve.

Starting Position: Standing or sitting straight with the head in a chin tuck position. Start with your affected arm down by your side with your neck tilted towards the affected side.

Exercise Description: This exercise involves a series of movements done in a specific order. When done properly, no pain/pulling should be felt through the movement. If any pain, pulling, or change in sensation is noted in the neck, shoulder, or arm, reduce how far you are going with each move or discontinue until your next appointment. and index finger away from your head.

Start with your neck tilted to the affected side, your arm extended and your wrist flexed so your palm is face up. Slowly bring your hand up towards your face, attempting to make a small circle around your eye. At the same time, slowly tilt your neck away from the affected side.

Pictures:

