



ULNAR NERVE GLIDING EXERCISES

What are glides? Nerve gliding exercises encourage the nerves to glide normally as you move your joints. A nerve may not glide well if it is injured or inflamed, as it can get entrapped in the surrounding soft tissue. Therefore, nerve gliding exercises are often used post-surgery or as part of a rehabilitation program from an injury.

How do I know it is my ulnar nerve? Pressure on the ulnar nerve can result in a tingling feeling in the little and ring fingers of the hand or the elbow. It can be due to external or positional pressure (leaning on the elbow, talking on the phone, sleeping with bent arms), bruising/trauma/fractures, arthritis/elbow deformities/diabetes, or other unexplained reasons.

How do I perform and what do I need to be aware of? The series of 7 pictures below are the ulnar nerve glide sequence. Progress slowly from position 1 through to position 7. The ending position should be held for a count of 15 seconds and the sequence repeated 3 times. **If you feel any numbness or tingling in the ending position or within 30 min of performing the exercises, perform to only position #5 or #6 and hold that position to the count of 15 seconds. In time, your nerve will lengthen and glide more efficiently and you should be able to reach the final position.

*Stretch only until you feel a gentle tension. Avoid pain.

Position 1



Arm extended in front of body with elbow straight, and wrist/fingers flexed

Position 2



Move wrist and fingers into extension while keeping elbow straight

Position 3



Bend the elbow while keeping wrist and fingers extended

Position 4



Move arm out to the side then gently flex the wrist

Position 5



Rotate the arm towards the back

Position 6



Gently tip your head to opposite side