

Erbst OrthoSport Physical Therapy



Ulnar Nerve Glide

Stand with RIGHT/LEFT arm raised to the side with your palm facing away from you. Bend elbow and bring your palm towards the side of your face. Use your RIGHT/LEFT hand to gently push your fingers (including your little finger) down towards your shoulder. Pulse lightly in this position for _____ seconds.

Repeat _____ times per set. Perform _____ sets, _____ times per day/week.

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