



Notes: Avoid activities that keep your elbow flexed for long periods of time (e.g., talking on the phone, driving, reading), and avoid resting your elbow on hard surfaces. Try to sleep with your elbow straight to decrease tension on your ulnar nerve.

1: Shoulder Blade Squeeze - Standing

Stand with your arms relaxed at your sides. Squeeze your shoulder blades together, pulling your hands to the sides of your hips. Don't pinch your elbows back or let your arms go behind your body.



Effort

1 Set x 10 Reps

6.8 sec. each (Total: 0:01:08)

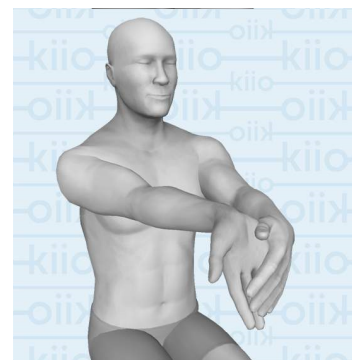


Remember

Don't pinch elbows back or let arms go behind body.

2: Ulnar Wrist Flexor Stretch

Hold your arm straight out from your chest, elbow straight or slightly bent. Use opposite hand to extend your wrist and feel a gentle stretch on the inside of your forearm. Perform this exercise in a slow, rhythmic fashion.



Effort

1 Set x 10 Reps

6.0 sec. each (Total: 0:01:00)



Remember

You should feel a gentle pull only.

3: Ulnar Nerve Flossing - Elbow

Stand with your arm at your side, elbow bent ~30°, palm up. Using your opposite hand to keep your ring and small fingers extended, shrug your shoulder and tip your head to the same side. Keep your elbow still. Then gently relax your shoulder and bring your head back to the starting position. Perform this exercise in a slow, rhythmic fashion.



Effort

1 Set x 10 Reps

4.3 sec. each (Total: 0:00:43)



Remember

Keep elbow still.

**Gentle stretch only.
Avoid pain,
numbness or tingling.**

4: Ulnar Nerve Flossing - Wrist

Stand with your arm at your side, elbow bent ~90°, palm up. Using your opposite hand to keep your ring and small fingers extended, partially straighten your elbow as you shrug your shoulder and tip your head to the same side. Keep your wrist still. Then gently relax your shoulder and bring your head, fingers, and elbow back to the starting position. Perform this exercise in a slow, rhythmic fashion.



Effort

1 Set x 10 Reps

4.3 sec. each (Total: 0:00:43)



Remember

Keep wrist still.

**Gentle stretch only.
Avoid pain,
numbness or tingling.**



Notes: Avoid activities that keep your elbow flexed for long periods of time (e.g., talking on the phone, driving, reading), and avoid resting your elbow on hard surfaces. Try to sleep with your elbow straight to decrease tension on your ulnar nerve.

5: Scapular Retraction T's - Prone (Towel Roll)

Lie face down on the floor with your forehead on a towel roll. Your arms should be out to your sides at shoulder height creating a "T" with your body, palms facing ahead of you. Lift your arms off the floor until they are even with your back, keeping your thumbs pointing to the ceiling to activate your rotator cuffs.



Effort

1 Set x 15 Reps

6.0 sec. each (Total: 0:01:30)



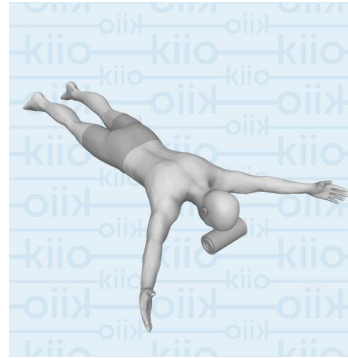
Remember

Squeeze shoulder blades together and down.

Keep thumbs pointing up.

6: Scapular Retraction Y's - Prone (Towel Roll)

Lie face down on the floor with your forehead on a towel roll. Your arms should be out to your sides, hands slightly overhead creating a "Y" with your body, palms facing to the side. Lift your arms off the floor until they are even with your back, keeping your thumbs pointing to the ceiling to activate your rotator cuffs.



Effort

1 Set x 15 Reps

6.0 sec. each (Total: 0:01:30)



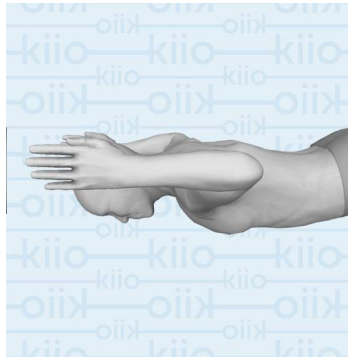
Remember

Squeeze shoulder blades together and down.

Keep thumbs pointing up.

7: Rhomboid Lift - Prone

Lie on your stomach, face down, arms out to the sides, elbows and shoulders bent 90° (goal post position). Starting with palms down, rotate your thumbs toward the ceiling as you lift your arms up until they are even with your body.



Effort

1 Set x 15 Reps

3.0 sec. each (Total: 0:00:44)



Remember

Squeeze shoulder blade muscles.