



Notes: Avoid performing lifting and gripping activities with your palm up. Try to complete tasks with your palm facing down; this will transfer load to the other side of the forearm. Hold items close to your body, and avoid long reaches and repetitive gripping.

1: 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.



1 Set x 10 Reps

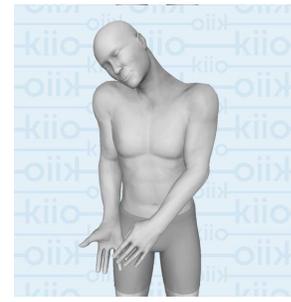
6.0 sec. each (Total: 0:01:00)



You should feel a gentle pull only.

2: 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.



1 Set x 10 Reps

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

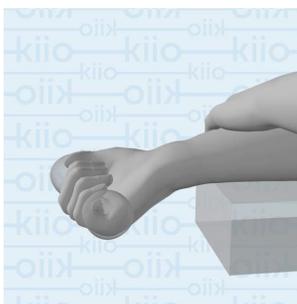


Keep elbow still.

Gentle stretch only.
Avoid pain,
numbness or tingling.

3: Wrist Curls in Forearm Supination (DB)

Holding a dumbbell, start with your palm facing up and your forearm supported on a book or off the edge of a table. Slowly bring your wrist forward, hold, then return to the starting position.



1 Set x 10 Reps

7.0 sec. each (Total: 0:01:10)



Keep forearm resting on support.

4: 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.



1 Set x 15 Reps

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



Squeeze shoulder blades
together and down.

Keep thumbs pointing up.

5: 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.



1 Set x 15 Reps

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



Squeeze shoulder blades
together and down.

Keep thumbs pointing up.

6: 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.



1 Set x 15 Reps

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



Squeeze shoulder blade muscles.