Ulnar Nerve: Butterfly

INSTRUCTIONS:

• Place your hands on the side of your head

• Elbows face forward

• Push your elbows backward towards the wall (or bed if you are doing this laying down)

• Go as far as you can until you feel a nice, easy stretch (you may get a few tingles which is OK)

• Return elbows forward again

• Do not hold

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day

NOTE: In very painful neck patients, this exercise should be done in supine (laying down)
INSTRUCTIONS:

- Place your hands on your hips
- Feet shoulder width apart
- Lean over to your left (with your trunk) and slide your right hand up on the trunk a little
- Lean over to your right (with your trunk) and slide your left hand up on the trunk a little
- Repeat this left/right trunk motion till your hands go as high as they can
- Slide the hands down the side to the starting position
- As you do the trunk motions take some nice deep breaths as well
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
INSTRUCTIONS:

• Place a towel behind your back

• The arm you aim to exercise should be holding the towel next to your head and the other arm reaching behind the back grabbing the other end of the towel

• Extend your top arm all the way out to the top pulling the towel upwards

• Once you reach the end, flex the elbow down and pull with the bottom arm

• Do not hold the stretch. Moving up and down is the key. You may get a nice stretch, ache or even a few pins and needles or tingles, which is expected

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Place your hand over your ear with your elbow facing forward

• Gently pull your elbow back towards the wall till you feel you have gone as far as you can

• You may feel a good stretch, ache or even a few pins and needles or tingles, which is expected

• Bring the elbow forward again

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day