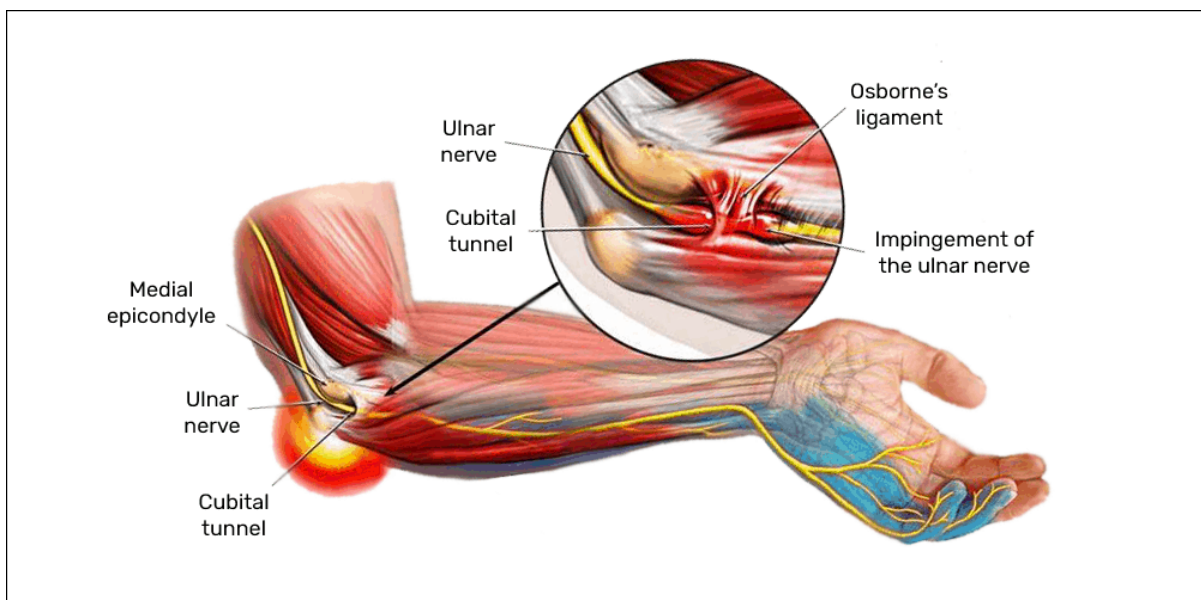


# Cubital Tunnel Syndrome

## Summary

- These exercises will help stretch the ulnar nerve and encourage movement through the cubital tunnel.
- In the early stages this exercise *may be painful*, but do not worry this is normal, and experience shows that in most cases symptoms will get better as a result exercise.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- Using an ice pack, learning how to protect your joints and being aware of your posture will help relieve symptoms.



**Each exercise should be performed starting from 30 seconds to ONE minute. Aiming to complete it for THREE minutes consecutively**

## 1. Elbow Flexion and Wrist Extension



1. Sit tall and reach the affected arm out to the side, level with your shoulder, with the hand facing the floor.
2. Flex your hand and pull your fingers up toward the ceiling.
3. Bend your arm and bring your hand toward your shoulders.

## 2. Head Tilt



1. Sit tall and reach the affected arm out to the side with elbow straight and arm level with your shoulder.
2. Turn your hand up toward the ceiling.
3. Tilt your head away from your hand until you feel a stretch.
4. To increase the stretch, extend your fingers toward the floor.

### 3. Arm Flexion in Front of Body



1. Sit tall and reach the affected arm straight out in front of you with your elbow straight and arm level with your shoulder.
2. Extend your hand away from you, pointing your fingers toward the ground.
3. Bend your elbow and bring your wrist toward your face.

### 4. A-OK



1. Sit tall and reach the affected arm out to the side, with elbow straight and arm level with your shoulder.
2. Turn your hand up toward the ceiling.
3. Touch your thumb to your first finger to make the "OK" sign.
4. Bend your elbow and bring your hand toward your face, wrapping your fingers around your ear and jaw, placing your thumb and first finger over your eye like a mask. Hold for 3 seconds