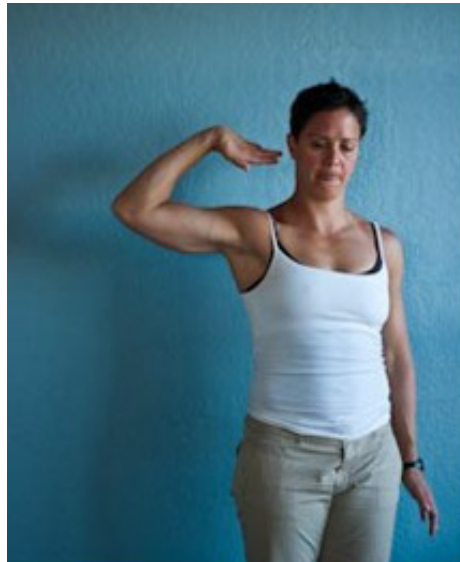
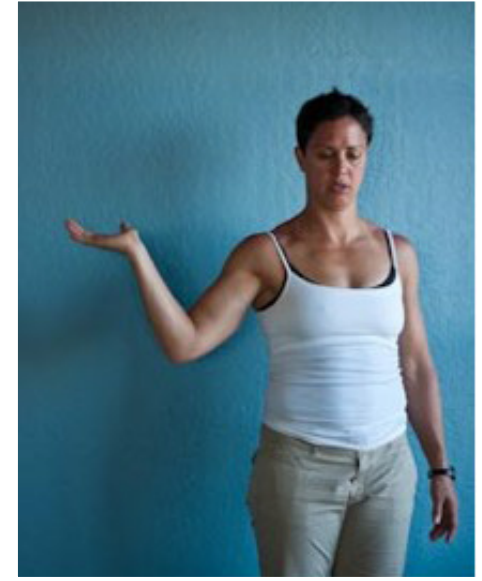
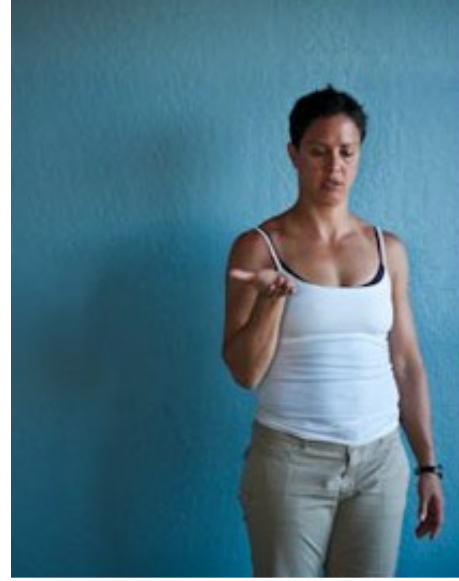
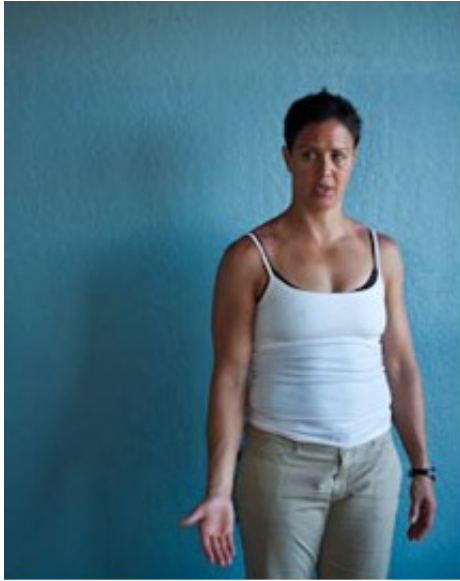


Ulnar nerve arm and hand



Stretch nerve, ulnar nerve arm and hand. This stretch requires instruction by a physical therapist. It needs to be monitored by a physical therapist. Lower intensity than a muscle stretch. Usually a pumping action.

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.