

Exercise plan:  
**Brachial Plexus Injury**

Patient:  
**Mrs Julie Dass**

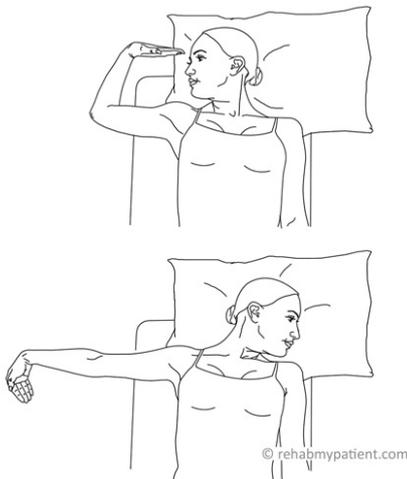
Date:  
**30th Mar 2017**



## Ulnar nerve glide floss 1 lying

Lie flat on your back, with your head resting on a pillow. Your shoulder and elbow should be at 90 degrees, and now bend your wrist backwards as if you were to put the palm of your hand on your ear. This is the starting position. Side-bend your head to the opposite side as you release the tension out of the wrist and arm by straightening it a little. This exercise can help with nerve pain in the arm.

Video: <http://youtu.be/CIKTyqDuw-M>



## Ulnar nerve glide floss 2 lying

Lie flat on your back, with your head resting on a pillow. Your shoulder and elbow should be at 90 degrees, with your head turned towards the affected side. This is the start position. Rotate your neck to the opposite side as you straighten your arm, and then bend your wrist. Make sure your palm is facing away from you. To return to the start, bring your shoulder back up to 90 degrees and rotate your head towards you, as you bring your palm towards your ear. This exercise can help with nerve pain in the arm.



## Ulnar nerve glide floss 3 sitting

Sit with good posture, and place your non-affected hand over your collar bone and shoulder on your affected side. Use this hand to hold down your shoulder blade to stop it rising up during the next part of the exercise. Join your thumb and finger on your affected side, making a ring. Lift your shoulder to 90 degrees as you hold the shoulder blade down with your opposite hand. Bend your elbow so the ring you made is positioned just above your shoulder. Bend your wrist back and forwards. You should feel the tension increase and decrease in your little finger.

Video: <http://youtu.be/qoQ4efSuxyU>



## Ulnar nerve glide floss 4 sitting

Sit with good posture, and place your non-affected hand over your collar bone and shoulder on your affected side. Use this hand to hold down your shoulder blade to stop it rising up during the next part of the exercise. Join your thumb and finger on your affected side, making a ring. Lift your shoulder to 90 degrees as you hold the shoulder blade down with your opposite hand. Bend your elbow so the ring you made is positioned just above your shoulder. Bend your wrist back as you side-bend your neck towards the affected side. Then bend your neck to the opposite side as you flex your wrist.

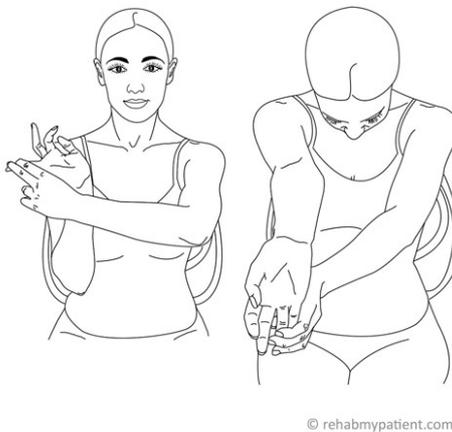
Video: <http://youtu.be/ubSFVETksA0>



## Ulnar nerve glide floss 5 sitting

Sit with good posture, and place your non-affected hand over your collar bone and shoulder on your affected side. Use this hand to hold down your shoulder to stop it rising up during the next part of the exercise. Now bring your fingers towards your collar bone (so your palm is facing upwards). To make the stretch stronger, lift your elbow up a little and back. You should feel some sensation into the little finger. Side bend your neck to the opposite side as you relax your wrist. Then side bend away as you bend your wrist back again.

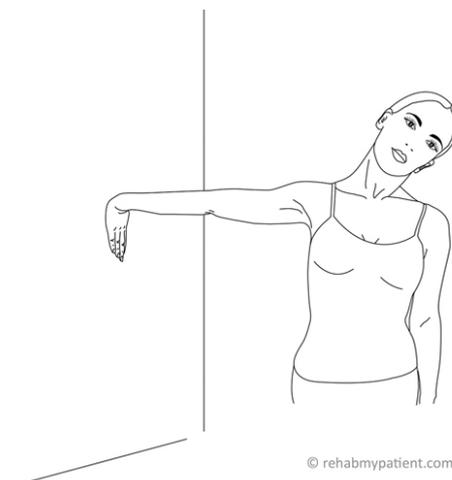
Video: <http://youtu.be/JXcFaCTIwJA>



## Ulnar nerve glide floss 6 sitting

Sit with good posture, and start with your elbow bent and hold the last two fingers of your affected hand. To start the exercise, pull your fingers back (this will also bend your wrist back), and straighten the arm. At the same time, bend your neck forwards. As you return to the start position, release the tension off your fingers as you bend your elbow and straighten your neck. You will help to slide/glide the nerve.

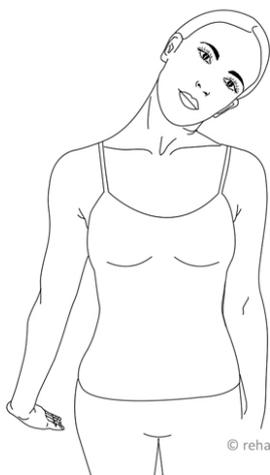
Video: <http://youtu.be/MaHAoUkIX78>



## Median nerve stretch 1

Standing next to a wall, place your palm on it with your fingers facing down and arm straight, and side-bend your neck towards the opposite side. Hold the stretch. You will feel a stretch in your arm, shoulder and slightly into the side of your neck. This exercise is a nerve stretch.

Video: <http://youtu.be/U1MwoClfKqA>

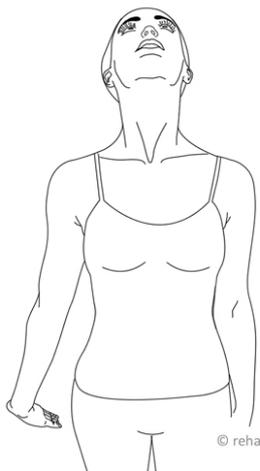


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## Median nerve stretch 2

Stand up with good posture, and your affected arm hanging by your side. Turn your arm so that the crease of your elbow is facing forwards, and your fingers backwards. Drop your arm down slightly, and side-bend your neck to the opposite side to create a stretch in the median nerve, and through your elbow, neck and wrist.

Video: <http://youtu.be/v2FpKYrbQhY>

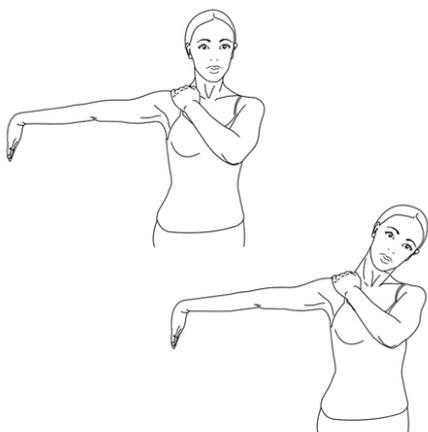


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## Median nerve stretch 3

Stand up with good posture, and your affected arm hanging by your side. Turn your arm so that the crease of your elbow is facing forwards, and your fingers backwards. Drop the arm down slightly, and extend your neck backwards to create a stretch in the median nerve, and through the elbow, neck and wrist. Stop the exercise immediately if you get any dizziness.

Video: <http://youtu.be/6MU75ZoWV9A>

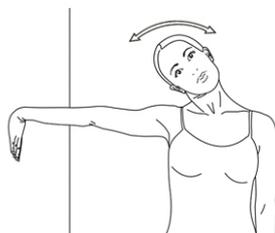
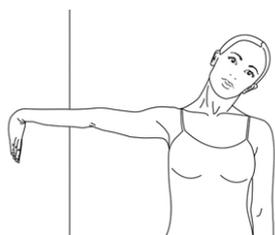


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## Median nerve stretch 5

Stand or sit with good posture, and take your affected arm out to the side with your palm facing forwards. Use your opposite hand to apply some gentle pressure downwards over your affected shoulder. Bend your wrist backwards to feel a strong stretch from the elbow to the forearm (and possibly into the fingers slightly). You can make the stretch stronger by side bending your neck to the opposite side. This is a good nerve stretch.

Video: <http://youtu.be/iyiiZYUp6zY>



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## Median nerve glide floss 1

Standing next to a wall, place your palm on it with your fingers facing down and arm straight, and side-bend your neck towards the opposite side, and then back towards the wall. You will feel a stretch in your arm, shoulder and slightly into the side of your neck. This exercise is a nerve glide.

Video: <http://youtu.be/szQSarvbJgA>

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stabletherapycentre@gmail.com](mailto:stabletherapycentre@gmail.com). Good luck and keep with it!