

# MILLS CHIROPRACTIC CENTER

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[www.millschiropractic.com](http://www.millschiropractic.com)

## Ulnar Nerve Stretches

**Do 3 sets of stretches on each side  
Hold for 30 seconds, resting for 10 seconds  
Perform 1 – 2 times daily**



Begin with your arm extended at your side with your fingers facing up.

Bend your arm at the elbow so that your palm is now facing up.

Continue bending at the elbow as much as you are able. Then hold for 30 seconds and repeat on the opposite side.

If excessive tingling occurs in the arm or hand, hold the stretch for a shorter period of time.