

Cubital tunnel syndrome

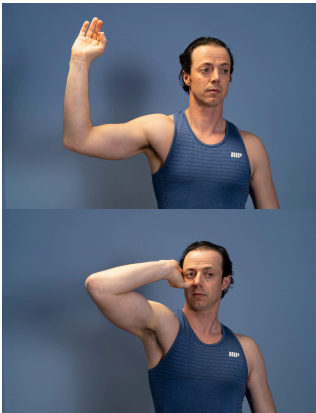
Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



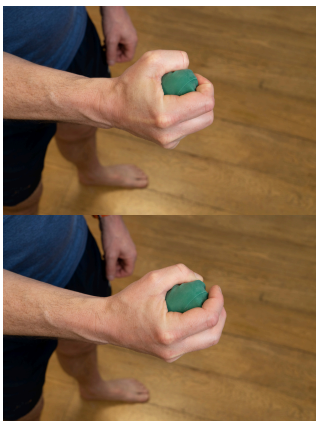
1. Supination to pronation

- Hold an object with a handle (the longer and heavier the object, the more challenging the exercise).
- Start with the little finger side of your hand facing down so that the object is pointing up to the sky.
- Keep your elbow slightly bent and still.
- Rotate your hand slowly so that the back of your hand faces the sky and then the floor.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Ulnar Nerve Glide

- Make a zero shape with your finger and thumb, hold your arm out to the side, wrist and elbow level with shoulder or as close as possible.
- Bent the elbow to 90 degrees, turn the wrist to face the head and turn your head to look at your wrist. Hold for 2-5 seconds.
- Now turn your head and wrist to face away from each other and then back to facing each other.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine twice.**



3. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.
- **Hold the position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.