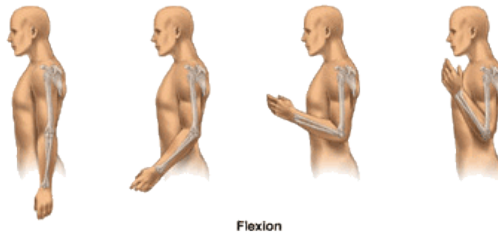
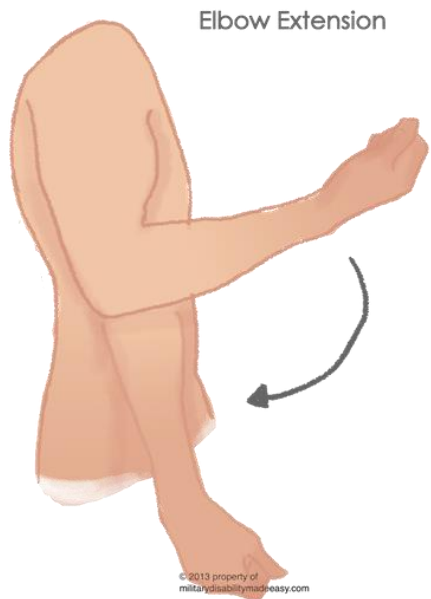


Elbow Extension

- Start with your elbow bent and the palm of your hand toward your face.
- Slowly lower and extend your elbow.
- Repeat 10 times.



Elbow Flexion

- Stand with your hand at side and palm facing forward.
- Start bending your elbow so that the palm of your hand is toward your face.
- Repeat 10 times.

Cubital Tunnel Syndrome





ARM FLEXION IN FRONT OF THE BODY:

- Sit tall and reach the affected arm straight out in front of you with your elbow straight and arm level with your shoulder.
- Extend your hand away from you, pointing your fingers toward the ground.
- Bend your elbow and bring your wrist toward your face.
- Repeat slowly 5-10 times.



Head Tilt

- Sit tall and reach the affected arm out to the side with elbow straight and arm level with your shoulder.
- Turn your hand up toward the ceiling.
- Tilt your head away from your hand until you feel a stretch.
- To increase the stretch, extend your fingers toward the floor.
- Return to starting position and repeat slowly 5 times.

TIPS:

- Avoid resting the elbow on the arms of chairs or desktops, as this can put pressure on the nerve. Instead, place the hands in the lap when not using them.
- Avoid repetitive tasks and take regular breaks while at work.
- Keep hands and wrists warm.

