



Neck flexion



Neck extension



Active neck sidebend

### Neck flexion:

Sit in a chair, keeping your neck, shoulders, and trunk straight. Bend your head forward, reaching your chin toward your chest. Hold for 5 seconds.

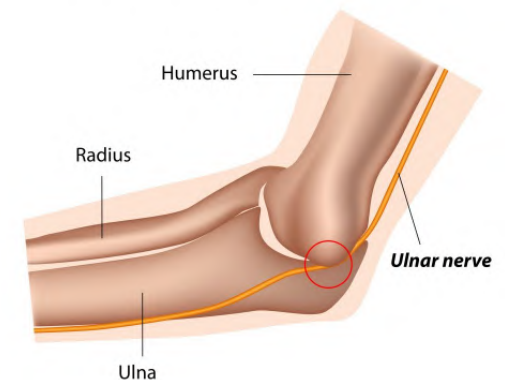
Repeat 10 times.

### Neck extension:

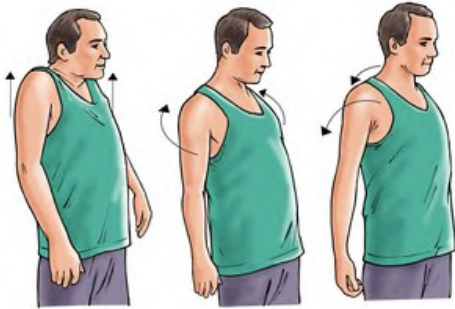
Sit in a chair looking ahead. Tilt your head back so that your chin is pointing toward the ceiling and then bring your head back to the starting position. Be sure

Sit in a chair, keeping your neck, shoulders, and trunk straight. Tilt your head so that your right ear moves toward your right shoulder. Keep tilting until it starts hurting. Then tilt your head in the other direction so your left ear moves toward your left shoulder. Make sure you do not rotate your head while tilting or raise your shoulder toward your head. Repeat this exercise 10 times in each direction.

## Ulnar Neuropathy (Handlebar Palsy) Rehabilitation Exercise

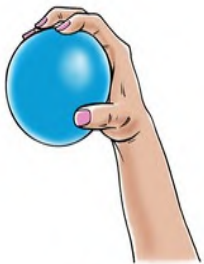


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Scapular active range of motion

Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze your shoulder blades back and together and hold 5 seconds. Next, pull your shoulder blades downward as if putting them in



Grip strengthening

Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2

**Wrist stretch:** Press the back of the hand on your injured side with your other hand to help bend your wrist. Hold for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction. Hold for 15 to 30 seconds. Keep the arm on



Wrist stretch

Practice squeezing items between each of the fingers on one hand. You can use paper, pens, and sponges. Hold for 10 seconds. Repeat 5 times for each



Finger squeeze

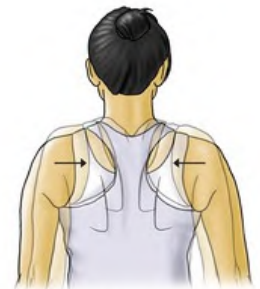
Sit in a chair, keeping your neck, shoulders, and trunk straight. First, turn your head slowly to the right. Turn it gently until it starts hurting.



Active neck rotation

Turn it back to the forward position. Relax. Then turn it to the

While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds. Do 2 sets of 15.



Scapular squeeze