

Nerve Tensioning Techniques

Ulnar Nerve Bias

Raise your arm to the starting position shown.



Move the hand as in the picture to the point that you just barely notice the tension. Do not hold. Move with continuous motion. It should take around 5 seconds to complete one repetition.



You may notice that you no longer feel any tension after a few repetitions. At that point re-adjust your finishing position so that you are once again just barely feeling the tension.

Repetitions _____

Perform _____ times daily.

Important:

Do not take the movement to the point of feeling strong tension. You should only just barely feel tension with the movement.