

Upper Limb Mobilising Exercises



Physiotherapy

Name of Patient:

Name of Physiotherapist:

Please Note

The exercises in this booklet are intended only for patients who have been given them in an individual Physiotherapy appointment, at the Royal Surrey County Hospital.

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Introduction

The nervous system includes your spinal cord and the nerves within your arms and legs.

These nerves are responsible for transmitting information to and from the brain. They control bodily functions, including movement of your muscles, joints and bones.

Your nervous system can become damaged or irritated as a result of certain conditions. Your Physiotherapist will give you further explanation about your condition.

Following injury, nerves often stop sliding smoothly within their protective sheaths. This can lead to symptoms of pain and/or pins and needles.

The exercises in this booklet can help to relieve some of these symptoms.

What precautions should I take before starting the exercise programme?

- Your nerves need time to warm up so start your exercises after midday.
- Keep your arm moving smoothly from one position to the other, do not hold it still.
- You should not feel any discomfort while doing your exercises.
- Move your arm to the point of tension and then return to the original starting position.
- Stop the exercise if your pain gets worse and contact your Physiotherapist.
- Progress the exercises as the Physiotherapist recommends.

Only do the exercises you have been shown marked with a tick (✓)

Median Nerve Exercises



(The Median Nerve runs from your upper arm to your hand)

- 1 Standing with arms by side, wrists bent back and fingers pointing forwards.

Twist arms and fingers to the left, then to the right.

Repeat time(s) times per day.



2 Standing with arms lifted sideways at shoulder height.

Keep your elbows straight, palms turned down and wrists bent back.

Bend elbows keeping wrists bent back, alternate from right to left.

Repeat time(s) times per day.



3 Standing with one arm lifted sideways at shoulder height, palm up, wrist bent to lift fingers to ceiling.

Bend elbow to bring hand towards your head, bending wrist backwards.

Repeat time(s) times per day.

Radial Nerve Exercises



(The Radial Nerve runs from your upper arm to your forearm)

- 1 “Waiter’s tip”: Standing with arms by side, bend wrist to point behind you.

Twist your arm inwards so fingers point to the side, keeping your wrist bent.

Repeat time(s) times per day.



2 Standing with arm by side, elbow straight and wrist bent back so that fingers point away from you.

Bend elbow and allow your wrist to drop so that fingers point to floor.

Repeat time(s) times per day.

Ulna Nerve Exercises



(The Ulna Nerve runs from your upper arm to your hand)

- 1 “Eye goggles”: Standing with little finger on chin, elbow lifted sideways, palm facing up.

Hold your thumb and index finger together.

Try to place palm on cheek with thumb/index finger over eye.

Repeat time(s) times per day.



2 Standing with one arm lifted sideways at shoulder height, elbow straight. Turn your palm down and bend wrist backwards (as if pushing away).

Bend elbow and wrist keeping palm facing floor.

Repeat time(s) times per day.

General Exercises



1 Sitting on chair with back rest.

Twist body round using hands to pull on back rest (do not allow legs to twist in same direction).

Move continuously from left through to right side and back.

Repeat time(s) times per day.

Reference sources

- Day R, Fox, J, Paul-Taylor G 2009 Neuromusculoskeletal Clinical Tests: a clinicians guide. Churchill Livingstone, London
- Shacklock M 2005 Clinical Neurodynamics: a new system of musculoskeletal treatment. Elsevier, London

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Contact details

For further information, please do not hesitate to contact Physiotherapy.

Physiotherapy Services

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Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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