

Straighten your affected arm straight out in front of your body at shoulder height, keeping your elbow straight.

Turn your palm face down so your hand is flat, then bend your wrist downward so your fingers point toward the floor.



Use your opposite hand to gently press the back of your hand closer to your body until you feel a mild-to-moderate stretch along the top of your forearm.

Keep the stretch for 15 to 30 seconds.

Relax your wrist, then repeat for a total of 3 sets. You can do this 1 to 3 times daily.



Hold a small ball, a rolled-up towel, or a sock in your hand.



Squeeze the object gently for 10 seconds.
Release your grip and relax for a few seconds.
Repeat 10 times for each arm.



Sit down and tuck your elbow tightly against the side of your body, bent at a 90-degree angle. Rest your forearm on a table or your leg, letting your hand hang off the edge.

Hold a light weight or household object—like a small dumbbell, a hammer, or a can of soup—vertically or balanced in your hand. Gripping closer to the top/head makes it harder; gripping closer to the center makes it easier.



Slowly rotate your forearm outward so your palm faces up toward the ceiling. Hold this position for one second.

Slowly rotate your forearm inward so your palm faces down toward the floor.

Perform 2 to 3 sets of 10 to 15 repetitions, aiming for a slow, controlled movement without moving your shoulder. Stop if you feel sharp pain.



Stand or sit tall with your back straight and shoulders relaxed. Let your affected arm hang down by your side. Straighten your elbow, turn your palm down (pronate), make a gentle fist with your thumb tucked inside, and bend your wrist downward. Pull your shoulder blade down slightly.



To floss the nerve, tilt your head toward the painful arm to release tension. Then, tilt your head away from the arm as you slightly adjust the wrist or arm to create gentle tension.





Sit down with your forearm supported on a table or your leg, with your elbow bent at a comfortable angle (around 90 degrees).

Hang your wrist and hand off the edge of the table, palm facing down.

Lift your hand slightly into about 20 to 30 degrees of extension (cocked slightly upward).

Use your opposite hand to push down on the back of the affected hand.

Resist the push with your injured hand so that no actual movement occurs.

Hold the contraction for 30 seconds.

Rest for 1 minute, then repeat for 3 to 5 rounds

Slowly spread your fingers and thumb apart as far as comfortable, stretching the band.

Keep your fingers extended outward against the resistance for about 3 to 5 seconds.

Gently bring your fingers back together in a controlled motion.

Aim for 2 to 3 sets of 10 to 15 repetitions. Perform this routine every other day or as recommended by a physical therapist.

