



Fig. 54-3. Conservative management of ulnar neuropathy: position 1. the arm is extended with the elbow straight and the wrist and fingers flexed; position 2. the wrist and fingers are extended; position 3 the elbow is flexed. In the second half of this sequence, position 4 begins with the arm abducted and the wrist and fingers flexed; position 5 adds external rotation; and position 6 incorporates lateral cervical flexion to maximize tension. (Used with permission from the Philadelphia Hand Center, PC, 901 Walnut St, Philadelphia. Penn.)

## Other Finger Exercises

Make a duck bill (finger puppet) with fingers and thumb. Open and close the fingers and thumb as if to mimic a duck quacking. Repeat 10 times twice a day. Try to keep the 4 fingers as straight and together as possible while moving toward and away from thumb.

Find several clothes pins with varying degrees of spring force (10 each). Find a cardboard box that is about 8 or 10 inches by 4 or 6 inches. Fold the top flaps down and in on the box. Squeeze each clothes pin with the thumb and index finger and clip onto the top of the open cardboard box edge. Continue with same index finger for all 10 clothes pins of same spring force. Remove each clothes pin in the same manner. Switch to next finger. Start with weakest spring force and graduate to strongest. Rest if shaking or pain is noticed.

Obtain hand grip exerciser of not more than 3 pounds offeree. Slowly squeeze 5 times and hold for a count of 3 each time. Rest if shaking or pain is noticed.

Put hand together as if praying with fingers pointed upward and at right angle to arms. Arms should be straight out with elbows bent at right angles. Use alternating hands and fingers to push the other hand and fingers back against the wrist in a slow stretch. Repeat 5 times twice a day.